SEPTEMBER/OCTOBER 2014

GRAB-N-GO BREAKFAST
PAGE 16

EatingWell®

WHERE GOOD TASTE MEETS GOOD HEALTH

37 Fast & Fresh Recipes

Discover Italy's VEGETABLE Mecca

THE ITALIAN ISSUE
30+ pages

Step Up Your Pasta Game

FLORENCE'S MUST-TRY RECIPES

Savor Sicily's Olive Harvest

+ The Right Approach to Fat in Your Diet

A trip to Minneapolis to see your favorite jam band, in concert.
A trip to Wichita to see your favorite jam band, in concert.
A trip to Austin to see your favorite jam band, in concert.
A trip to Boston to see your favorite jam band, in concert.

And a trip to a therapist
to discuss your
obsession with
27-minute guitar solos.
HYBRID
On tour. All across your life.
2014 C-MAX HYBRID.
Ford
Go Further

Humana.

Your heart is connected to your eyes. And your ears. And your feet. That's why your heart, eye, ear, and foot doctors should be better connected – to allow them to fully understand you and your health needs. We're working on ways to enable doctors to access your entire health history in one place. So you can get better, smarter care.

LET'S CLOSE THE GAP BETWEEN PEOPLE AND CARE.

CloseTheGap.Humana.com

GCHHV3LEN

SEPTEMBER/
OCTOBER

CONTENTS

VOLUME XIII, NUMBER 5

6
Feedback

24
Nourish:
Food for Sad Times
By Maggie Downs

106
Recipe & Nutrition Index

108
Tastemakers:
Andrew Wilder, October Unprocessed

FRESH

13 The Joy of Almonds

16 The Smoothie Formula

18 Diet Advice for Lovers

20 Do This for Younger Skin

22 Can You Eat Too Much Kale?

HEALTHY IN A HURRY

27 **Weeknights:** Sheet-Pan Dinners

37 **In Season:** Mushrooms

44 **Makeovers:** Apple Bavarian Torte

TEST KITCHEN

101 **Techniques:** Creamy Chowders

104 **Tips & Notes**

104 **Olive Guide**

105 **Ask Stacy:** Is pink pork safe?

NUTRITION REPORT

49
The New Fat Revolution
Bacon is everywhere. Butter is the new darling. Seems that fat is back big time. But should it be?
By Shaun Dreisbach

62
Savoring Sicily's Olives
Come along to experience Italy's most nuanced cuisine and the time-honored tradition of harvesting and curing olives.
BY NANCY HARMON JENKINS

72
A Way with Pasta
Forget complicated. At his cooking school in Verona, Giuliano Hazan shows you how stunning simple can be.
BY GIULIANO HAZAN

80
Grown in Puglia
From fava, olive oil and broccoli rabe to some of the best seafood in the country, the heel of the boot is Italy's breadbasket. You don't want to miss a taste of this region.
BY JANE BLACK

90
Faith's Florence
Thirty years ago author Faith Willinger fell in love with the simple foods of this picturesque city. Join her for an insider's gastro-tour of the place she now calls home.
BY FAITH WILLINGER

Melanzane Ripiene (Stuffed Eggplant) *page 89*

COVER: JIM WESTPHALEN (STYLING: CAREY NERSHI; TYPE DESIGN: ANGELA SOUTHERN; TYPE ILLUSTRATION: TREMENDOUSNESS); THIS PAGE: PENNY DE LOS SANTOS

Let's Go Italy!

It was midday and I was starving. My husband, John, and I were traveling in Italy and I had insisted that we stop in the town of Vietri to look for ceramics. We wandered through narrow streets and came to a tiny piazza overlooking the sea with a café and a slightly sketchy-looking *tavola calda*, which translates as "hot table" but actually describes a type of restaurant that serves a few warm dishes. John was skeptical. But he didn't want to test whether I was about to get "hangry."

I went in and pointed to dishes behind the counter—sautéed greens with garlic, fried potatoes with tomato sauce, little marinated fish with red pepper flakes and slices of roasted eggplant. The server arranged tastes of each on plates, drizzled the greens with olive oil and sent us outside with glasses of wine and a basket of bread. We nibbled and watched a gaggle of old men arguing with arms waving and eyebrows waggling. The meal cost about $15 total. Each dish was delightful and yet so simple that I knew I could recreate it at home. And it was light enough that there was no afternoon stupor. It was a perfect food moment.

This is why I love visiting Italy. These perfect food moments are everywhere. Stop at a truck stop on the *autostrada* and you find a just-squeezed glass of blood orange juice and great espresso. Turn a corner into an alley in Palermo and you bump into a pile of the freshest neon yellow-green cauliflower you've ever seen (*above*). Each time I visit, I am utterly enthralled with the food.

At home, I'm just as in love. I get on jags where for weeks I make Italian every night—all sorts of soups, some with little more than bread, garlic and greens, similar to the *Pappa all'Acquacotta* on page 93. I cook big pots of Tuscan white beans and stir creamy polenta. I toss heaps of broccoli rabe with pasta, anchovies and olive oil.

The Italian food I cook is not the Italian-American food I grew up with. It's healthier—more vegetables, less meatball subs and deep-dish pizza. So it's a natural fit for *EatingWell*, and it's the approach we took as we planned this special issue devoted to Italy.

Turning through the pages, I'm already daydreaming about my next trip. And I have a feeling my next Italian cooking spree is about to start. Hope yours is too!

Ciao,

Jessie

Jessie Price, *editor@eatingwell.com*

Add the iPad edition of* EatingWell *to your print subscription today! Always have the current issue with you and convenient access to back issues of the magazine—wherever you go. eatingwell.com/digitalnow

JOHN STRENG

24% OF YOUR DAILY FIBER
100% DELICIOUS

IT'S POSSIBLE WITH BARILLA.™

Finally, a whole grain pasta that doesn't taste like the box it came in. With 6 grams of fiber* per serving, Barilla Whole Grain is a meal that's both healthy and delicious. Who knew that pasta this good could also be this good for you?

Barilla.com/WholeGrain

*Barilla fiber comes from whole grain, semolina and oat fiber.

I just finished the article "The Wild World Within" and have to say that was one of the most eye-opening pieces I've read in a long time. Being a nutritionist, I try to eat balanced meals, but for years have noticed when on a junk-food kick (yes, I love my pizza and burgers) my stomach would feel acidic and my body just all-around blah. I'm very happy to read about Jeff Leach's findings as well as the other studies you referenced that all point to the gut. Besides immediately buying Tara Duggan's book and soon Jeff Leach's, I will be conducting my own "leek test." Looking forward to the harmonious belly. Thanks for the tasty and smart magazine. **KRISTIN HUNT,** *Seattle, WA*

Gut Science

Kudos to Gretel H. Schueller for a well-researched article ["The Wild World Within"]. The health of our intestines is so important yet there is so little information about it! You can't even get this kind of information from a GI doctor. I have read a lot about probiotics but this is the first time I've read about prebiotics and promoting good bacteria. It inspired me to learn more!

KEVYN ALLARD, M.S., *Woodside, CA*

The gist of "The Wild World Within" is correct and important. However, we are not 100 percent human before birth. Recent research has established that healthy placentas *do* house bacteria.

DARCA LEE NICHOLSON, *Ukiah, CA*

EDITOR'S REPLY: *You're correct. That research came out right after the issue went to press.*

Cast-Iron Care

I needed to re-season a 40-year-old cast-iron skillet as it was no longer nonstick. There really should be some mention to be *extremely* careful when handling oil at this temperature! [*Ask Stacy*]

And it's important to remove all traces of the salt and to lightly oil the pan again, when completely cooled. Most of us old folks know that, but the new cook-ies may need a word to the wise.

HOPE SCHOLL, *Phoenix, AZ*

EDITOR'S REPLY: *Good point about being cautious with the hot oil! And while it doesn't hurt to oil your pan after cleaning or seasoning, in testing we've found it's not necessary.*

GMO Controversy

Thank you for the article in the July/August issue re: GMO labeling. I didn't read anything new, pro or con, it only reinforced my choosing organic. Why not "Just label it"?

DIANE WOOD, *via Facebook*

I read with interest your editorial and the *Fresh* column with opposing views on GMO labeling. If it is so important to know what's in the food we are eating, why are dairy and meat products exempt from the bill [in Vermont]? Both come from animals fed GMO foods. Could it be that the dairy and meat lobbies in Vermont are strong enough to oppose the labeling?

JUDY RUSSELL, *Burlington, VT*

As a licensed nutritionist, I have endorsed your magazine to many. So I was startled that you gave space to an agricultural industry spokesperson from the Council for Biotechnology Information, a clear agribusiness voice box for genetic engineering.

Where are these "hundreds of independent studies" that "have demonstrated the safety of GMO food" that Dr. Enright claims? Evidence continues to mount that the glyphosate pesticide used on Roundup Ready [GMO] soy and corn has led to a great increase in many health conditions from renal failures to tumor growth, from gluten sensitivities to deaths from intestinal infections.

Your magazine cannot be for health and give a platform to the wolf in the henhouse at the same time. What a disappointment.

EVE PLEWS, LNC, IFMCP, *Sarasota, FL*

CATHLEEN ENRIGHT'S REPLY: *You can find a list of more than 100 independent studies at* biofortified.org *under GENERA (the GENetic Engineering Risk Atlas). This overwhelming evidence shows that food derived from GMOs raises no unique health issues. Each study that has asserted health or safety concerns about GMOs has been refuted by the general scientific community. Many peer-reviewed studies have also confirmed the safety of glyphosate. Glyphosate herbicide kills weeds, but is less toxic to humans than baking soda, table salt or caffeine. For more, visit* gmoanswers.com.

The Power of Food Memories

I just finished reading the delightful essay "Remembrance of Things Lost" by Diane Goodman [*Nourish*]. What a beautiful moment shared between the elderly resident and the caregiver. These small moments are treasures. Oh, the joys of a graham cracker or the splash of spaghetti sauce!

MARIAN T. STUMPF, *Longmont, CO*

Prosser Farm

The article "Festive in the Field" about Prosser farm brought back memories of when my uncle John Porter lived and grew vegetables there for his restaurant. I loved the recipes. I plan to use as many as I can.

CARMAN COLWELL-BAXTER, *Otis Orchards, WA*

CORRECTION

In "Eat These Foods for Lower Blood Pressure" [*Fresh*], our "Go Meatless" stat should have read: "Vegetarians had lower blood pressure compared to omnivores by an average of 7 points **systolic** (the top number) and 5 points **diastolic**..." Thanks to reader **Charlene Gibbs** who wrote in with this tip about keeping systolic and diastolic straight: "*Sky over dirt* is an easy way to remember the order."

Popular on Pinterest

SAUSAGE-&-QUINOA-STUFFED ZUCCHINI

eatingwell.com/webextra

We want to hear from you! Send your comments to editor@eatingwell.com

ALL SUBMISSIONS BECOME THE PROPERTY OF MEREDITH CORPORATION AND MAY BE EDITED AND PUBLISHED, ALONG WITH YOUR FULL NAME, CITY AND STATE, AT OUR DISCRETION, IN ANY AND ALL EATINGWELL-BRANDED MEDIA.

PETER ARDITO

love cereal again

seven gluten free Chex flavors to fall for

• no artificial colors or flavors • no high fructose corn syrup

Wheat Chex™ is NOT gluten free. ©2014 General Mills

Find your flavor at chex.com/seven

LIVING well
YOUR GUIDE TO PRODUCTS, PROMOTIONS & SPECIAL EVENTS

DELICIOUS, HEALTHY AWARD-WINNING RECIPES
First place winner for "Best Health and Nutrition Book" in the world. Gluten-free Mediterranean Gourmet Cuisine has invaluable recommendations for a healthy immune system.

AslihanSabanci.com/en/

NATURE'S RECIPE
EVERY INGREDIENT COUNTS

EVERY INGREDIENT. ONE PURPOSE.
Over 30 years ago we set out to make a better pet food, something we could be proud to serve our best friends. Something that just felt right. It became our mission, and "Every Ingredient Counts" became our philosophy.

NaturesRecipe.com

Visit Promo.EatingWell.com for information on events and offers.

WHERE GOOD TASTE EatingWell MEETS GOOD HEALTH®

Editor-in-Chief **JESSIE PRICE**

Creative Director JAMES VAN FLETEREN
Digital Director MICHELLE EDELBAUM
Managing Editor WENDY S. RUOPP, M.S.

FOOD
Food Editor JIM ROMANOFF
Test Kitchen Manager STACY FRASER
Associate Editors HILARY MEYER, BREANA LAI, M.P.H., R.D.
Recipe Developer & Tester CAROLYN CASNER
Editorial Intern MICHELE RINCK, B.S.

NUTRITION & NEWS
Nutrition Editor BRIERLEY WRIGHT, M.S., R.D.
Associate Nutrition Editor LISA D'AGROSA, M.S., R.D.
Assistant Web Editor JESS WISLOSKI-MARTIN
Nutrition Consultant JILL CERRETA, M.S., R.D.
Nutrition Intern MARTHA LEE ANNE RYALS, M.S., B.S., B.A.
News Editor GRETEL H. SCHUELLER

ART & PRODUCTION
Manager of Production & Custom Pub. JENNIFER B. BROWN, M.B.A.
Assistant Managing Editor ALESIA R. DEPOT
Research Editor ANNE TREADWELL
Advertising Operations Manager AMBER LEMBERG
Production Manager KENT POLLPETER
Advertising Production Supervisor STEPHANIE SPITZ
Quality Technical Director DAVID WOLVEK

CONTRIBUTORS
Bruce Aidells, Nancy Baggett, Marialisa Calta, Rachael Moeller Gorman, Joyce Hendley, Ben Hewitt, Rowan Jacobsen, Carolyn Malcoun, Marie Simmons, Katie Webster

NUTRITION & HEALTH ADVISORY BOARD
PHILIP ADES, M.D.
Director, Cardiac Rehabilitation and Preventive Cardiology, University of Vermont College of Medicine
RACHEL K. JOHNSON, PH.D., M.P.H., R.D.
Bickford Green & Gold Professor, Nutrition & Food Sciences, University of Vermont
DAVID L. KATZ, M.D., M.P.H., F.A.C.P.M., F.A.C.P.
Director, Yale University Prevention Research Center
ALICE H. LICHTENSTEIN, D.SC.
Senior Scientist, Director of the Cardiovascular Nutrition Laboratory, Jean Mayer USDA Human Nutrition Research Center on Aging, Tufts University
RICHARD MATTES, PH.D., M.P.H., R.D.
Professor of Foods and Nutrition, Purdue University
MIRIAM E. NELSON, PH.D.
Director, John Hancock Center for Physical Activity and Nutrition, Tufts University
MARION NESTLE, PH.D., M.P.H.
Paulette Goddard Professor of Nutrition, Food Studies and Public Health, New York University
BRIAN WANSINK, PH.D.
John S. Dyson Professor of Marketing, College of Agricultural and Life Sciences, Cornell University

EATINGWELL MEDIA
President, Women's Lifestyle Group **THOMAS WITSCHI**
Business Director CHRISTY LIGHT
Senior Business Manager ROBYN DEAN
Advertising Business Manager STEPHANIE RABBANI
Vermont Office Manager TERRY LYSOGORSKI
Senior Publicity Manager CARRIE CARLSON
PR REQUESTS: *Carrie.Carlson@meredith.com*

EDITORIAL & LICENSING OFFICES:
6221 Shelburne Rd., Suite 100, Shelburne, VT 05482

ADVERTISING OFFICES:
805 Third Avenue, 29th Floor, New York, NY 10022

SUBSCRIPTION INFORMATION:
Get quick help: *www.eatingwell.com/csmag*
SUBSCRIPTIONS/CUSTOMER SERVICE:
P.O. Box 37508, Boone, IA 50037-0508
EWMGsupport@cdsfulfillment.com

STEPHEN BOHLINGER *Group Publisher*
DEIRDRE FINNEGAN *Publisher*
TERRI SMITH *Group Associate Publisher, Marketing*

ADVERTISING *New York Office:* 212-455-1338
KEVIN GILLESPIE *Integrated Advertising Director*
JOSEPH WINES *East Coast Advertising Sales Director*
BROOKE ENGELDRUM *Northeast/New England Account Manager*
CHIP WOOD *Midwest Advertising Sales Manager*
HARTLEY ARNOLD *Midwest Advertising Sales Manager*
KUUIPO CASHMAN *West Coast Advertising Sales Director*
BRIAN DAVIS *Southwest Advertising Sales Director*
KAREN BARNHART *Detroit Director, Corporate Sales*
GRACE CHUNG *Direct Media Advertising Director*
CHRISTINA FARRINGTON *Advertising Sales Assistant (New York)*
JINNA VORHEES *Advertising Sales Assistant (Los Angeles)*

MARKETING
KRISTEN STUCCHIO SUAREZ *Group Marketing Director*
KATHARINE ETCHEN *Associate Marketing Director*
ALYSSA DAINACK *Design Director*
ALYSSA KUPPERSMITH *Promotion Director*
CHERYL MARKER *Special Projects Director*
JIRI SEGER *Art Director*
MELISSA GRIMES *Promotion Manager*
KRISTA CORRAO *Associate Marketing Manager*
TAYLOR THEISS *Promotion Coordinator*

CIRCULATION
TODD BIERLE *Consumer Marketing Director*
DAWN ANGUS *Retail Brand Manager*
CAROLINE BIDDLE MCKENZIE *Direct Retail Sales Manager*

INTERACTIVE & LICENSING
LARRY SOMMERS *GM, Digital Media & Business Development*
RENÉE LAUBER, M.S. *Licensing, Director of Health & Wellness*
GRACE WHITNEY *Content Licensing Sales Executive*
NICCI MICCO, M.S. *Content Director, Custom Publishing & Licensing*
DAVID GRAY *Director of Business Development*
PENELOPE WALL *Content Licensing Account Director*
PAULA B. JOSLIN *Senior Content Licensing Account Manager*
CHRISTINE MCCONNELL *Content Licensing Account Manager*
SARAH HOFF *Web Producer & Digital Marketing*
JESSE GUERTIN *Interactive Development Director*
REBECCA GREMER *Software Developer*
AARON HAWLEY *Systems Engineer*
MICAH MUTRUX *Web Application Developer*
NAT WOODARD *UI/UX Designer*

MEREDITH NATIONAL MEDIA GROUP
TOM HARTY *President*

EXECUTIVE VICE PRESIDENTS
RICHARD PORTER *President, Media Sales*
CAREY WITMER *President, Parents Network*
THOMAS WITSCHI *President, Women's Lifestyle*
JON WERTHER *President, Meredith Digital*
JAMES CARR *Meredith Home Group*
GAYLE GOODSON BUTLER *Creative Content Leader*
NANCY WEBER *Chief Marketing Officer*
MICHAEL BROWNSTEIN *Chief Revenue Officer*
DOUG OLSON *General Manager*

SENIOR VICE PRESIDENTS
JACK GOLDENBERG *Chief Technology Officer*
ANDY WILSON *Chief Digital Officer*
CAROLYN BEKKEDAHL *Digital Sales*
BRITTA CLEVELAND *Research Solutions*

VICE PRESIDENTS
ROB SILVERSTONE *Business Planning and Analysis*
JANET DONNELLY *Consumer Marketing*
STEPHANIE CONNOLLY *Corporate Marketing*
BRIAN KIGHTLINGER *Corporate Sales*
LAURA ROWLEY *Digital Video*
PATTI FOLLO *Direct Media*
ELISE CONTARSY *Brand Licensing*
PATRICK TAYLOR *Communications*
DINA NATHANSON *Human Resources*
CHUCK HOWELL *Strategic Sourcing, Newsstand, Production*

OUR SUBSCRIBER LIST is occasionally made available to carefully selected firms whose products may be of interest to you. If you prefer not to receive information from these companies by mail or by phone, please let us know. Send your request along with your mailing label to Magazine Customer Service, P.O. Box 37508, Boone, IA 50037-0508.

meredith

STEPHEN M. LACY *Chairman & Chief Executive Officer*
PAUL KARPOWICZ *President, Meredith Local Media Group*

VICE CHAIRMAN **MELL MEREDITH FRAZIER**
IN MEMORIAM **E.T. MEREDITH III**, 1933-2003

PRINTED IN USA

GRANAPADANO.IT

MADE

with the same passion for
almost 1000 years in the heart
of the Po River Valley in Northern
Italy using only local milk, and aged
from 9 to over 20 months; controlled
and guaranteed by the Consortium
for the Protection of Grana Padano
cheese, it has become the world's
best-selling PDO* cheese and one
of the most loved products

IN ITALY.

G
GRANA
PADANO
P

ITALIAN
EXCELLENCE

Consorzio Tutela Grana Padano

Your Get-Dinner-Done *Plan!*

Take one thing off your to-do list: planning dinner. We've created a 1-month plan for healthy dinners using many of the recipes from this issue, plus serving suggestions to make it a meal, at *eatingwell.com/dinnerplan*. Share your photos as you cook along with us on Instagram and Facebook using the hashtag #EatingWellMagazine

WIN A NEW PASTA POT!

Enter our sweepstakes on September 12 when it's the prize of the day! Go to *eatingwell.com/WinPot*

NO PURCHASE NECESSARY TO ENTER OR WIN. Subject to Official Rules and entry at *www.eatingwell.com/winpot*. There will be one Daily Giveaway Sweepstakes per day. Entries for each daily sweepstakes must be received by 11:59 p.m. E.T. Open to legal residents of the 50 United States, and the District of Columbia, 21 years or older. One entry per e-mail address per day. Online entry only. Void where prohibited. Sponsor: Meredith Corporation.

• *eatingwell.com/WinPot* •

BOTTOM COURTESY LLVAD

Make Grilling Better

From tailgates to [illegible] Kikkoman Soy Sauce is perfectly balanced to [illegible] your food to a [illegible] recipes [illegible]

In The World Of Vitamin Cs

Only one gives you 24-hour immune support.*

ESTER-C®

NOTHING ELSE WORKS LIKE IT

Only Ester-C gives you all of these benefits:

- Clinically shown to stay in white blood cells longer than regular vitamin C formulas^
- Patented formula with 24/7 immune support*‡
- Non-acidic so it's gentle on the stomach
- Once a day is all you need

Ester-C® Capsules, Tablets or Delicious Orange Effervescent.
Available at health, natural food and vitamin specialty stores. theVitaminShopper

Ester-C® The Better Vitamin C®

Ester-C® Ester-C® and The Better Vitamin C® are licensed TMs of The Ester C Company. U.S. Pat. Nos. 6,197,813 & 6,878,744.
^White blood cells are an important part of your immune system. ‡From one daily serving of Ester-C®.
*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

AMERICAN HEALTH®
good health made simple

Learn more at AmericanHealthUS.com

©2014 American Health, Inc. 14-AH-7118

MAKE A PERFECT SMOOTHIE The [illegible]y-formu[illegible] need// PAGE 16

FRESH

Almond Joy

California's drought requires almond farmers to be smart with water

By Melissa [illegible]

Health Nut

A recent study in the *American Journal of Clinical Nutrition* found that almonds may have 32% fewer calories than previously believed—only 129 calories per ounce (a savings of 40 calories). Plus research shows snacking on almonds can suppress hunger

From late summer through fall under sunny central [illegible] skies, half a milli[illegible]res of almond trees stand heav[illegible] ready to be harvested, their green hulls cracked op[illegible] speckled brown shells. Tom Rogers, a third-generation [illegible]nd his brother, Dan, are among the California farmers w[illegible]ore than 80 percent of the world's almonds.

But a three-year drought worries farmers like the Rogers brothers, who run the century-old family farm where their father first planted almonds about 30 years ago. While many farms have their own wells, this is the first year they may not be able to count on supplemental water from local districts. "Water has always been something we've focused on," Tom says, "because it's being a good [illegible]ward and also becaus[illegible]hat makes the crop." The farm's state-of-the-art irrigation system [illegible]vides 24/7 soil moisture readings. Building soil quality, with [illegible]st from a local dairy farm, is a top priority. "Good soil holds mo[illegible]re better," he explains. Their efforts earned them the 2014 Farm Water Steward Award for reducing water use by up to 20 percent. Tom says it's about watering the right amount at the right time to produce the optimal harvest from the orchard's 17,000 trees.

Such conservation efforts mean that even with drier conditions, there will still be almonds—which is good since they're so popular, eaten whole and [illegible]s milk, oil, flour and almond butter. For tips on how you can conserve water at home, visit *wateruseitwisely.com*.

© DOUGLAS KEISTER CORD.S

What's Your Recipe?
1 beam of sunlight
4 scratches on the head
1 long purr
Let sit
Makes a lifelong friend.
Serve over and over.
NATURE'S RECIPE
GRAIN FREE
High Protein Recipe
40% Protein
GRAIN FREE
Real Meat. All Natural.
The Right Ingredients.
NATURE'S NUTRIENTS

The Greenhouse Effect

How urban farming is transforming science education. By Debbie Koenig

Sidsel Robards and Manuela Zamora had an aha moment when they chaperoned a second-grade class trip to New York Sun Works's science barge. They saw an opportunity to introduce real-world sustainability and nutrition concepts to an urban curriculum. The two moms joined forces with New York Sun Works to build a hydroponic rooftop greenhouse at their kids' public school, which grew into a nonprofit program aiming to install hydroponic greenhouse labs in 100 NYC schools by 2020 (26 are completed or in the works). Here, Robards talks about how the Greenhouse Project is breathing new life into science education.

The lettuce grown by students in rooftop gardens eventually makes its way to the school's salad bar

Why build greenhouses?

We found that teachers have a real desire to educate through farming: kids learn so much better with hands-on projects, and farming incorporates concepts from multiple subjects—biology, chemistry, environmental studies, nutrition. But there wasn't a way to tie it into the curriculum here—most schools in the city don't have space for farming on school grounds, and even if they do, the main growing season falls outside of the school year. We took the required science curriculum and adapted it to teach it through sustainable farming indoors.

What happens in a greenhouse classroom?

In younger grades they start with the basics, with a big focus on systems thinking. By middle school, kids are designing hydroponic systems for a "client." They design the systems to fit the space, decide what to grow, write a manual. You'll overhear them talking about pH and electric conductivity and nutrient levels—the students absorb it without focusing on it. They're making sure the plant gets water, sun, nutrients—everything it needs—and they can immediately see if the plants are healthy or not. After that, it's easy to get the kids to look at their own bodies as systems. Instead of just saying, "Eat healthy," you can ask them, "What does *your* system need to thrive?" The vegetables grown are served in the lunchroom—and if there are extras, they're donated to groups in the community.

What do you hope will be the lasting effect of the Greenhouse Project?

In a few years, the first kids who learned in the greenhouses will be graduating high school and going out into the world. Whoever they become, hopefully we'll create a generation of people who have a much better understanding of what their impact on the environment will be.

PET NUTRITION

How do I evaluate and choose the best pet food?

The simplest thing you can do is to check your pet-food label for the Association of American Feed Control Officials (AAFCO) statement. AAFCO establishes the nutritional standards for complete and balanced pet foods (for example, for every 100 calories, AAFCO requires 5.1 grams of protein for dogs and 6.5 grams of protein for cats and there are similar requirements for 36 other essential nutrients). Foods that meet those standards will have a statement on their product. Foods that are not complete and balanced will say they are for "intermittent or supplemental feeding" only.

If you want to go a few steps further you could also research the pet-food company and make sure an expert (a Ph.D. in animal nutrition or a board-certified member of the American College of Veterinary Nutrition) is formulating the food or consulting on the recipes. And if your pet food touts a health benefit, such as "helps your pet live a longer life," checking if there are studies to support these claims is also valuable. The most credible studies are published in peer-reviewed journals. This information is sometimes on the company's website, but don't hesitate to ask them directly. Both of these steps, however, will require some digging.

Dr. Deborah Linder, DVM, DACVN, Tufts Obesity Clinic for Animals

TOP & CENTER: GILES ASHFORD; BOTTOM: © BLANCHE DOLLAR PHOTOGRAPHY

The Smoothie Formula

The sky's the limit when it comes to smoothie combinations you can whip up in your blender. But beware: they can easily turn into sugar- and calorie-bombs. So we've done the calculations for you to get a super-healthy, delicious smoothie every time.

By Lisa D'Agrosa, M.S., R.D.

LIQUID: You'll need some liquid to get everything whirring in your blender, but choose wisely. Skip juices—they're high in sugar (even when they're 100% fruit juice).
Use: Unsweetened almond milk or other unsweetened nondairy milks (soy, rice, hemp), low-fat milk, coconut water, water

FROZEN BANANA. For natural sweetness and always rich, creamy (not icy) body, frozen banana slices are a must. Another bonus: bananas are a relatively inexpensive fruit.
Use: Frozen sliced banana.

FROZEN FRUIT: Frozen fruit makes a frosty smoothie without added ice (some blenders can't handle ice cubes). Buy already frozen fruit or freeze your own.
Use: Blueberries, cherries, strawberries, pineapple, mango, apples, raspberries, blackberries, grapes.

PROTEIN: To give your smoothie staying power add protein. Protein slows the digestion of carbs, keeping you full longer
Use: Nonfat or low-fat plain Greek yogurt or cottage cheese, silken tofu

GREENS: Add 1 cup of greens to help meet your daily veggie quota without overpowering your smoothie
Use: Baby spinach, kale (stemmed and chopped)

HEALTH BONUS: Throw in chia seeds or flaxseeds, for a boost of omega-3s and fiber. Or add nut butters for healthy fats and a little more protein.
Use: Chia seed, flaxseed, hemp seed, peanut butter, almond butter

OPTIONAL: Have a sweet tooth? Add up to 2 tsp. liquid sweetener like maple syrup or agave.

EDITOR'S PICK

"I bring a green smoothie to work almost every day. Cuppow drinking lids (*cuppow.com*) make it easy to turn my mason jars into a to-go cup. They're great for sipping tea and coffee too."
—Michelle Edelbaum, Digital Director

NEW SMOOTHIE RECIPES & videos at eatingwell.com/webextra

Pineapple Green Smoothie *(pictured)*: almond milk + banana + pineapple + Greek yogurt + baby spinach + chia seeds. Nutrition info: page 106.

ERICA ALLEN STRAW COURTESY GLASS DHARMA

A little flax seed goes a long way.

flax seeds

select almonds

crunchy clusters

NON GMO Project VERIFIED
nongmoproject.org

When you add flax seeds to our **Non-GMO Project Verified** cereal, you end up with a delicious bowl of goodness. And when you create this kind of positivity, the effect could go on and on and on.

Kashi eat POSITIVE™

® TM © 2014 Kash. Company

Research shows your partner can help you succeed *or* undo your efforts. Here are 3 tips to get—and give—support in your relationship.

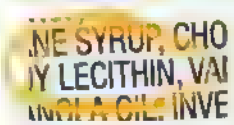
The Secret to Diet Success: *A Healthy Relationship*

The first step in almost any diet plan is to make a goal, but it's equally crucial to talk about those goals with the important people in your life. If your partner reacts negatively to your new diet, try to find middle ground. Ask questions about small changes he or she may be willing to start with, says Toni Coleman, LCSW, CMC, a psychotherapist and relationship coach in Virginia: "Could we eat at 7 p.m. instead of 8? Could we go for a walk together? Could we try eating some different foods together?"

Research shows when one spouse makes positive health changes, the other is more inclined to do the same. However, you can't force your partner into making changes he or she may not be ready to make, says Coleman—and doing so may backfire. Case in point: women aged 20 to 31 whose significant others encouraged them to diet to lose weight were almost twice as likely to binge eat than those with partners who didn't exert diet pressure, according to an *American Journal of Health Promotion* study. So let your partner see the positive physical and attitude changes in you—and he or she may naturally follow suit.

Even if your mate is supportive—but especially if he or she isn't—reach out to other people in your social circle. Perhaps not surprisingly, we tend to eat the same way as our peers do, reports a *Journal of the Academy of Nutrition and Dietetics* study, so connect with people who share your vision for healthy eating. Then, find non-food-focused activities to enjoy with those who may not be as supportive. —*Dilia Narduzzi*

Label Watch: Lecithin (*less-i-thin*)



Typically Found In: Breads and baked goods, salad dressings, nondairy milks, cooking sprays.
What You Need to Know: Though this ingredient sounds strange, it's found naturally in egg yolks and vegetable oils. It's also fairly ubiquitous in packaged foods, where it acts as an emulsifier, helping improve texture. Most lecithin that's added to food is extracted from soybean oil so must be labeled as an allergen. However, because it's mainly fat, not protein, it only affects people with severe soy allergies. Research has shown there's no harm in consuming it. —*L.D.*

Bottoms Up!

Hard apple cider—that same beverage our forefathers drank—is making a comeback. [illegible] was less than 10% of [illegible] cider sales [illegible] more than 60%. The [illegible] taste, reason alone [illegible] growth trend. Add [illegible] that's [illegible] bee[illegible] as [illegible]

Crafty brewers like Vermont Citizen Cider, pictured here, are expanding their offerings, creating drier ciders and even single-varietal versions.

TOP LEFT: © ARTISTAN, DOLLAR PHOTO CLUB; R. GAIT, ERICA ALLEN

My Lunch My Way
My Creations™
BUTTERMILK
NEW
StarKist
Tuna Creations
Ranch
TODAY'S LESSON: SUBLIME SALADS WITH TUNA CREATIONS®
Lasso some zesty lunchtime flavor with delicious, seasoned tuna varieties like new Ranch. Each single-serve, no-drain pouch is 110 calories or less. Tear, pour and love your salad.
Go to /starkist or starkist.com to see all of our delicious pouch products.
WELCOME to the NEW SCHOOL of TUNA™
StarKist.
©2014 StarKist Co. All Rights Reserved.

15 Minutes

People distracted for that long after eating bite-size portions of chocolate, apple pie or potato chips were just as satisfied as those who'd eaten full portions.

Find more compelling tips in *Slim By Design: Mindless Eating Solutions for Everyday Life* (HarperCollins), by EatingWell advisor Brian Wansink, Ph.D.

NATURAL BEAUTY

The Path to Better Skin

By Lindsay Westley

Regular exercise can ward off—and even reverse—the ravages of time on your skin, suggests new research presented at the American Medical Society for Sports Medicine conference. When a group of sedentary older adults began cycling for 30 minutes twice a week, researchers noticed significant improvement in the smoothness and elasticity of their skin after just three months. Another upside: myokines, a substance made in the muscle that can help speed up metabolism and reduce inflammation, increased as people exercised.

READ ABOUT ANTI-AGING foods for your skin at eatingwell.com/webextra

Sour Is Better

Crusty on the outside, chewy on the inside and slightly tangy, sourdough bread is a step up from many white breads and it may be healthier too. Although typically made with white flour, it also begins with a bacteria-rich starter, which ferments to produce lactic acid that helps slow down digestion and blunt your blood sugar response to lessen sugar highs and energy crashes. Sam Fromartz writes more about this and the art and intricacies of homemade bread in his new book *In Search of the Perfect Loaf* (Viking). —*L.D.*

© MATT RICHARDSON, AURORA OPEN; ORBIS; INSET: BECCA ALLEN

I DON'T IGNORE
MY SWEET TOOTH
I OUTSMART IT
Crystal Light.
#TINYWIN
Crystal Light.
NATURAL
PINK LEMONADE
Every tiny win deserves a celebration.
Like delicious low calorie Crystal Light.
A SIP IN THE RIGHT DIRECTION

Numbers to Look For	
Serving Size	1 pack
Sugar	≤ 10 g
Fiber	≥ 2 g
Protein	≥ 3 g

FIND EASY RECIPES for energy & granola bars at eatingwell.com/recipes

SHOPSMART by Lisa D'Agrosa, M.S., R.D.

Granola: Raising the Bars

Granola bars are convenient when you're on the go, but some varieties have such a hefty sugar load they may as well be sold in the candy aisle. Here's how to shop for a wholesome bar.*

Star Ingredient: Make sure oats are the first ingredient listed on the package. This healthy whole grain is a good source of fiber, which helps keep you full and is good for your cholesterol. If rice or rice flour is listed, make sure it's brown rice (it's a whole grain), otherwise it's refined.

Chewy vs. Crunchy: Crunchy bars tend to have a shorter ingredient list than chewy bars, but a package may have about 50 more calories because they usually come in pairs. If you're looking for fewer calories go for chewy, or have just one of the two crunchy bars.

Limited Added Sugar: Sugar holds the bars together and is often the second ingredient. You can't avoid it but you can minimize added sugars by skipping flavored coatings, like chocolate and yogurt, on your bars. Anything that's "dipped" or "drizzled" likely has more added sugar.

Flavor Danger: The occasional bit of chocolate in your granola bar is OK, but try not to overdo it—especially with all the tasty bars on the market that are made with nutrient-rich dried fruit, nuts and seeds. These ingredients can boost the nutrition *and* flavor of your bar.

Brands We Like: Nature's Path Organic Pumpkin-N-Spice, Cascadian Farm Organic Crunchy Peanut Butter and Kashi Crunchy Granola & Seed Chocolate Chip Chia Granola Bars.

**We looked at oat-based granola bars only and did not include cereal, protein or energy bars.*

ASK THE NUTRITIONIST

"Is my kale obsession *bad for my thyroid?"*

Kale's über-healthy reputation is in part thanks to the cancer-fighting compounds it boasts called glucosinolates. But there's a compound within glucosinolates that interferes with your thyroid function—and some may worry that eating too much kale could hurt their thyroid and possibly even cause hypothyroidism (underactive thyroid). (Why does that matter, you ask? Your thyroid regulates many body functions—and top on the list is metabolism.)

But there's more to the story. Dig a little deeper and you'll learn a chain of reactions has to happen for those thyroid-interfering compounds—called thiocyanates—to be released. Cooking kale stops that chain of reactions from happening. However, chopping raw kale for a salad or chewing it does allow thiocyanates to form. But the quantity of thiocyanates in a few ounces of raw kale (what you'd probably eat) is minimal. The odds are low that even true kale lovers will harm themselves. "You'd have to eat a couple of large bunches of kale *a day* to get enough [thiocyanates] to have an impact—and you'd have to eat it raw," explained Jeffrey Garber, M.D., past president of the American Association of Clinical Endocrinologists and associate professor of medicine at Harvard Medical School.

Thiocyanates are found in all cruciferous vegetables, not just kale, and rutabaga is the vegetable with the most. Runners-up—alongside kale—are turnips, cabbage and Brussels sprouts, but the rest of the cruciferous family has very little.

If you're still worried, ask your doctor to check your thyroid. It's a simple blood test. If you're taking thyroid hormone for an underactive thyroid or have a predisposition to thyroid problems, you are more susceptible to the effects of thiocyanates. Garber's advice: "Eat as many cruciferous vegetables as you want—go to your limit—and do this for a number of weeks; then ask your doctor to check and see if it's had an effect."

Don't banish kale. It delivers healthy amounts of bone-strengthening vitamin K, eye-healthy vitamin A, plus some fiber and cancer-fighting compounds. Any concern about your thyroid is truly tiny.

Send your nutrition questions to Nutrition Editor **Brierley Wright**, M.S., R.D., at *askus@eatingwell.com*

TOP & BOTTOM: ERICA ALLEN CENTER; BJTA/DOLLAR PHOTO CLUB

"I have too many coupons,"
said no one ever.

20% OFF

ONE OF OUR HUNDREDS OF THOUSANDS OF ITEMS.

First-time email subscribers get a 20% off one single item email offer for in-store use. Sign up at bedbathandbeyond.com/MagazineTAB

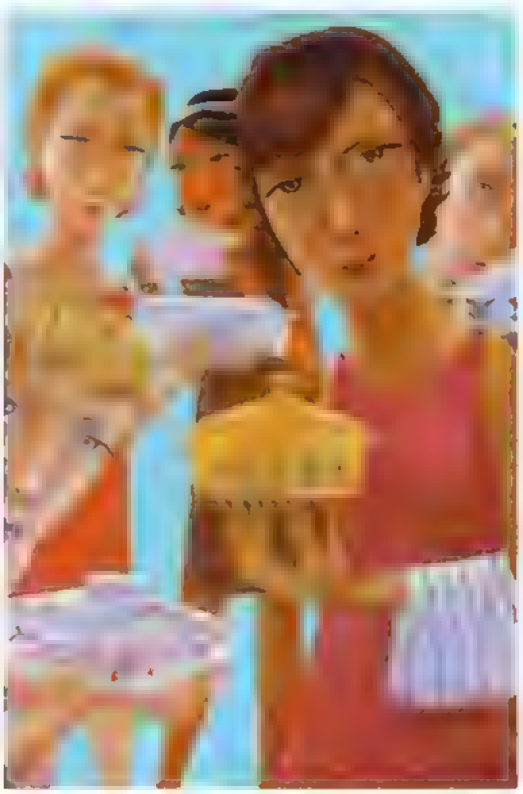
BED BATH & BEYOND®

Foods for Sad Times

Cheesy potatoes, pasta bakes and other comfort foods are meant to nourish both body and soul. By Maggie Downs

The casseroles began arriving the day after my mom died. First was a turkey dumpling bake from the next-door neighbors. They threw in a cherry cheesecake for good measure. The people across the street carried over Southwest Tamale Pie, a layered dish of chicken, tortillas, Cheddar cheese and Rotel canned tomatoes. A sticky note gave instructions on how to reheat, and then broil until everything was brown and bubbly.

My mother's death was the first in my immediate family, so I was dazed by the volume and array of food. Our neighbors, however, had clearly done this before. Each pan was marked with a streak of masking tape, the owner's name handwritten with Sharpie.



Sharing food with others is one of the most fundamentals ways we show compassion. And each dish overflowed with that concern. My dad's golf buddy brought lasagna, two kinds—meat and vegetable—plus a punch bowl filled with iceberg lettuce and homemade dressing. "You need to watch out for your own health," he said.

My sister's hairdresser gave us a square pan of slippery beef noodles with mushrooms. Her workout partner whipped up her specialty, Cowboy Casserole, a hearty mix of ground beef, chili beans, tater tots and cream cheese. Since I am a vegetarian, a local elementary school teacher made broccoli salad surprise just for me. The surprise was that it contained bacon. Even if sometimes misguided, the act of kindness remained.

This was not the kind of food I ate in my everyday life. I was a member of an organic farm, from which I received a box full of fresh produce every week. I snacked on dehydrated kale. My standard meals contained ingredients that perplexed my family: quinoa, tempeh and more chia seeds than you'd find on a chia pet. In mourning, however, I took consolation anyplace I could get it, even baked into a 9-by-13-inch pan.

It is the same all around the world. The foods might change, but the heartfelt desire to nourish and sustain one another during times of mourning doesn't. Ethiopians bring enough food to last the grieving family for a week, so they aren't troubled during their time of sorrow. Jewish mourners eat *seudat havra-ah*, the meal of condolence, with foods that symbolize life—bread, lentils and hard-boiled eggs. The grieving family is not allowed to prepare their own food, rather, their community provides so they are not alone in their grief or in the meal. My Mexican friends boil a pot of *menudo*, a spicy soup made with chili peppers and tripe. It is easy to heat and reheat, a bowl eaten whenever warm comfort is necessary.

My family welcomed that same compassion from our neighbors—even while it felt strange to open the door to them as if they were paying an ordinary visit.

My mom had been suffering from Alzheimer's disease for a decade. When she lost the ability to eat, she was moved from nursing care to hospice, where she died after just a few days. During those somber days, my family—my father, brother, sister and I—received enough food to feed us for months. When the fridge overflowed with foil-wrapped pans, our freezer held the rest. In the deepest throes of grief, I didn't actively eat as much as I allowed myself to be fed.

My mother was a lot of things, but a good cook wasn't one of them. Her food was bland and boiled. The vegetables were mushy. Entire meals were beige. Once, when I was in high school and invited to dinner at a friend's house, I had to ask what I was eating.

"It's chicken," my friend's mother said. I had no idea chicken could be moist.

While my mom didn't always give us the right things to fill our bodies—cookies and Tab and green broccoli boiled until it was gray—she made certain we were never hungry. She loved us enough to fill us.

After she died, I ate, but I didn't taste anything. The truth was that there was not enough comfort food in the world to possibly comfort me. Even with all the dishes generously cooked and brought to our home, nothing could satisfy what I felt—a wild, heavy hunger, almost as powerful as what betrayed my mother's body—and nothing ever would. I mourned with mashed potatoes, but what I longed for most was a plate of gray broccoli and bone-dry chicken.

MAGGIE DOWNS *is an award-winning journalist whose work has appeared in the* Los Angeles Times *and other newspapers. She is an MFA candidate in nonfiction at the University of California Riverside-Palm Desert.*

CATHY GENDRON

Bob's Red Mill®

To Your Good Health®

Bob Moore

World's Best Oatmeal®

Nothing tastes like the whole grain goodness of our oatmeal. With all the healthy benefits, varieties and ease of prep, it's no wonder Bob's Red Mill oatmeal won the 2009 Golden Spurtle™ World Porridge Making Championship.

For deliciously creative oatmeal recipe ideas, go to bobsredmill.com/oatmeal

5k *to* 10k.

Change for the better.
Switch and you could save with GEICO.

geico.com | 1-800-947-AUTO | Local Office

GEICO

Some discounts, coverages, payment plans and features are not available in all states or all GEICO companies. GEICO is a registered service mark of Government Employees Insurance Company, Washington, D.C. 20076, a Berkshire Hathaway Inc. subsidiary. GEICO Gecko ©1999-2014 © 2014 GEICO

WEEKNIGHTS

A Flash in the Sheet Pan

Want 5 quick and delicious dinners? Get out your sheet pans.

Think baking sheets are just for cookies? Think again. Their multitasking functionality is impressively on display in these five recipes. Using this kitchen basic, you can make a sesame-gilded "stir-fry" in the oven or conjure up roast chicken with Brussels sprouts and pork chops with roasted apples and leeks.

With nothing separating your dinner from the heat but a thin sheet of metal, it's important to position your pans strategically. Ingredients that benefit from intense heat (like our mini meatloaves) should cook in the lower third of the oven, closest to the source. Green beans, meanwhile, cook at the same time on the upper rack.

For these easy combination recipes you'll need one or two rimmed baking sheets. The rim corrals the food when you stir everything—you'd hate to see those lovely green beans slide off into the bottom of your oven. (In a pinch, a metal 9-by-13-inch pan will work just fine.) Crank up the oven and heat up the sheets: it's time to re-imagine quick dinners. —**Wendy Ruopp**

PETER ARDITO STYLING LIZ NEELY WITH CAROLYN CASNER FOOD; CAREY NERSH, PROPS

PHOTO ON PREVIOUS PAGE

PAPRIKA CHICKEN THIGHS WITH BRUSSELS SPROUTS

ACTIVE: 20 MIN **TOTAL:** 40 MIN

Nestled into the Brussels sprouts and shallots, these paprika-rubbed chicken thighs season the vegetables as they roast. Smoked paprika adds a touch of smoky flavor—look for it at well-stocked supermarkets or in the bulk-spice section at natural-foods markets. Regular paprika can be used in its place, but doesn't add the hint of smoke.

- 1 pound Brussels sprouts, trimmed and halved (or quartered if large)
- 4 small shallots, quartered
- 1 lemon, sliced
- 3 tablespoons extra-virgin olive oil, divided
- ¾ teaspoon salt, divided
- ½ teaspoon ground pepper, divided
- 2 cloves garlic, minced
- 1 tablespoon smoked paprika, sweet or hot
- 1 teaspoon dried thyme
- 4 large or 8 small bone-in chicken thighs (about 2½ pounds), skin removed

1. Position rack in lower third of oven, preheat to 450°F

2. Combine Brussels sprouts, shallots and lemon with 2 tablespoons oil and ¼ teaspoon each salt and pepper on a large rimmed baking sheet.

3. Mash garlic and the remaining ½ teaspoon salt with the side of a chef's knife to form a paste. Combine the garlic paste with paprika, thyme and the remaining 1 tablespoon oil and ¼ teaspoon pepper in a small bowl. Rub the paste all over chicken. Nestle the chicken into the Brussels sprouts.

4. Roast on the lower rack until the Brussels sprouts are tender and an instant-read thermometer inserted into the thickest part of the chicken without touching bone registers 165°F, 20 to 25 minutes.

SERVES 4: 1 LARGE OR 2 SMALL THIGHS & ¾ CUP VEGETABLES EACH

Calories 449, **Fat** 25g (sat 5g), **Cholesterol** 219mg, **Carbs** 14g, **Total sugars** 3g (added 0g), **Protein** 43g, **Fiber** 5g, **Sodium** 607mg, **Potassium** 962mg.

MAKE THESE RECIPES as part of our 1-month healthy dinner plan at eatingwell.com/webextra

BAKING-SHEET DINNERS

BAKED TOFU STIR-FRY WITH CABBAGE & SHIITAKES

ACTIVE: 20 MIN **TOTAL:** 40 MIN

Flavored with savory black bean–garlic sauce, toasted sesame oil and Chinese rice wine, this vegetarian tofu stir-fry is made with ease by using two large sheet pans instead of the traditional wok.

- 2 14- to 16-ounce packages extra-firm tofu, patted dry
- 2½ tablespoons black bean-garlic sauce (see *Tips*), divided
- 2 tablespoons toasted sesame oil, divided
- 2 teaspoons sesame seeds
- 10 cups chopped napa cabbage (1-inch pieces, from 1 medium head)
- 3 cups halved shiitake mushroom caps (about 4 ounces)
- 1 bunch scallions, cut into 1-inch pieces, plus chopped greens for garnish
- 2 tablespoons Shao Hsing rice wine (see *Tips*) or dry sherry
- 2 teaspoons hot sauce, such as sriracha, or more to taste

1. Position racks in upper and lower thirds of oven, preheat to 425°F. Coat 2 large rimmed baking sheets with cooking spray.

2. Cut tofu into 1-inch pieces and toss in a large bowl with 2 tablespoons black bean sauce, 1 tablespoon sesame oil and sesame seeds. Spread in a single layer on one of the prepared baking sheets. (Reserve the bowl.) Roast the tofu on the lower rack, stirring twice, until browned, 25 to 30 minutes.

3. Meanwhile, toss cabbage, mushrooms, scallion pieces, the remaining ½ tablespoon black bean sauce and the remaining 1 tablespoon sesame oil in the large bowl. Spread the vegetables on the second baking sheet. When the tofu has roasted for 10 minutes, place the vegetables on the upper rack and roast, stirring once or twice, until tender, about 20 minutes.

4. Spoon the tofu over the vegetables, drizzle with rice wine (or sherry) and hot sauce and stir until combined. Serve sprinkled with scallion greens, if desired.

SERVES 4: ABOUT 1¾ CUPS EACH

Calories 422, **Fat** 20g (sat 2g), **Cholesterol** 0mg, **Carbs** 15g, **Total sugars** 4g (added 0g), **Protein** 24g, **Fiber** 6g, **Sodium** 862mg, **Potassium** 825mg.

TIPS: Black bean-garlic sauce is a savory condiment made from fermented black soybeans, garlic and rice wine. Shao Hsing (or Shaoxing) is a seasoned rice wine. Look for both in the Asian-foods section of well-stocked supermarkets or at Asian markets.

Body

Solgar

Raw instead of refined. Stairs instead of elevator.
Whole grain instead of processed.
Doing the best for your body can really be good for your soul.

But even if you live well, you still may not be getting all the vitamins and minerals you need. At Solgar, we get it. After all, we've focused on wellness for over 65 years. That's all we do. And when it comes to supplements, we practically invented them.

Today, we still craft our vitamins and minerals in small batches to help ensure consistency and purity. And we always strive to make as many products as possible natural, vegetarian, plus dairy and gluten free. Focusing on wellness never gets old. Neither does feeling good throughout your life. So have a great journey. Solgar is with you all the way.

SOLGAR® **Live Vibrantly.**

©2014 Solgar Vitamin and Herb

THE SOLGAR PRODUCT LINE INCLUDES HALAL AND KOSHER SUPPLEMENTS IN VARIED DOSES AND FORMS
THE COMPLETE LINE OF SOLGAR NUTRITIONAL SUPPLEMENTS IS AVAILABLE AT FINE HEALTH FOOD RETAILERS WORLDWIDE
FOR STORE LOCATIONS AND ADDITIONAL INFORMATION, VISIT SOLGAR.COM OR CALL 1 800 645 2246

EASY & DELICIOUS
BAKING-SHEET DINNERS
RECIPES

MINI MEATLOAVES WITH GREEN BEANS & POTATOES

ACTIVE: 20 MIN **TOTAL:** 40 MIN

In this classic meat-and-potato recipe, the potatoes go into the oven first to get a head start roasting while the mini meatloaves and green beans are prepped. The result: everything's ready for the dinner table at the same time.

- ½ teaspoon paprika
- ½ teaspoon garlic powder, divided
- ¾ teaspoon salt, divided
- ¾ teaspoon ground pepper, divided
- 1 pound Yukon Gold or red potatoes, scrubbed and cut into 1-inch wedges
- 2 tablespoons extra-virgin olive oil, divided
- 1 pound lean (90% or leaner) ground beef
- 1 large egg, lightly beaten
- ¼ cup finely chopped onion
- ¼ cup Italian-seasoned panko breadcrumbs
- 3 tablespoons ketchup, divided
- 1 tablespoon Worcestershire sauce
- 1 pound green beans, trimmed

1. Position racks in upper and lower thirds of oven; preheat to 425°F. Coat 2 large rimmed baking sheets with cooking spray.

2. Combine paprika and ¼ teaspoon each garlic powder, salt and pepper in a large bowl. Add potatoes and toss to coat. Drizzle with 1 tablespoon oil, toss again, then spread the potatoes in a single layer on one of the prepared baking sheets. (Reserve the bowl.) Place on the lower rack to start roasting.

3. Meanwhile, combine beef, egg, onion, breadcrumbs, 2 tablespoons ketchup, Worcestershire and ¼ teaspoon each garlic powder, salt and pepper in the bowl. Form the mixture into 4 small loaves about 2 by 4 inches each and place on the other prepared baking sheet. Brush the tops with the remaining 1 tablespoon ketchup. Remove the potatoes from the oven and put the meatloaves on the lower rack.

4. Toss green beans with the remaining 1 tablespoon oil and ¼ teaspoon each salt and pepper. Move the potatoes to one side of their pan and add the green beans to the other side. Roast the vegetables on the upper rack until the green beans are tender and an instant-read thermometer inserted into the center of the meatloaves registers 165°F, 20 to 30 minutes more.

SERVES 4: 1 MINI MEATLOAF & ¾ CUP EACH POTATOES & GREEN BEANS
Calories 437 **Fat** 20g (sat 6g) **Cholesterol** 120mg **Carbs** 36g **Total sugars** 9g (added 2g) **Protein** 29g **Fiber** 6g **Sodium** 748mg **Potassium** 1,242mg

"Super-versatile and indestructible, uncoated sheet pans (the kind you can get at a restaurant-supply store) are workhorses in my kitchen. I use mine for roasting vegetables and meat, baking cookies and quickly cooling whole grains."
—Breana Lai, Associate Food Editor

SHEET COMMERCIALLY IT HAVE SHEET PAN COURTESY CHICAGO METALLIC (SUBLIATABLE.COM $16.95

OTHER BRANDS ADD HOW MUCH SUGAR!?

NO Sugar Added NO Dyes NO Artificial Preservatives

THE DIFFERENCE IS SO GOOD.

*Based off of a 42lb. bag

CURRIED PORK CHOPS WITH ROASTED APPLES & LEEKS

ACTIVE: 40 MIN **TOTAL:** 40 MIN

Roasted apples and leeks lend a sweet-and-tart note to the savory curried pork chops. If you always chop the dark green tops off your leeks, don't discard them this time—they have a delicious flavor and become meltingly tender when roasted.

- 3 large, crisp red apples, cut into ½-inch pieces
- 1 large *or* 2 medium leeks, halved lengthwise and sliced, including white and green parts *(see Tip, page 104)*
- 3 tablespoons extra-virgin olive oil, divided
- ½ teaspoon salt, divided
- ½ teaspoon ground pepper, divided
- 1 tablespoon curry powder
- 4 bone-in pork chops, ½ to ¾ inch thick (about 2 pounds), trimmed
- 1 tablespoon cider vinegar
- 1 tablespoon brown sugar

1. Position racks in upper and lower thirds of oven; preheat to 425°F. Coat 2 large rimmed baking sheets with cooking spray.

2. Combine apples, leeks, 2 tablespoons oil and ¼ teaspoon each salt and pepper in a large bowl. Spread onto one prepared baking sheet. (Reserve the bowl.) Roast on the lower rack, stirring once or twice, until the apples are tender and the leeks are wilted, 20 to 25 minutes.

3. Meanwhile, combine curry powder, the remaining 1 tablespoon oil and remaining ¼ teaspoon each salt and pepper in a small bowl. Spread the mixture on both sides of pork chops and let stand until the apple mixture is almost done.

4. Leaving the apple mixture in the oven, turn the broiler on high. Place the pork chops on the second baking sheet and broil on the upper rack until an instant-read thermometer inserted horizontally into a chop without touching bone registers 145°F, 4 to 6 minutes.

5. Combine vinegar and brown sugar in the large bowl. Add the apple mixture and toss to combine. Serve with the pork chops.

SERVES 4: 1 CHOP & ¾ CUP APPLE MIXTURE EACH

Calories 463, **Fat** 20g (sat 4g), **Cholesterol** 100mg, **Carbs** 39g, **Total sugars** 24g (added 3g), **Protein** 34g, **Fiber** 6g, **Sodium** 377mg, **Potassium** 778mg

FILL UP ON SILK.

New Silk Vanilla Protein + Fiber may help quiet your hunger with its winning combination of protein, fiber and delicious taste. Watch out, snack time. Also enjoy it in Original flavor.

Diets high in protein (30% of total daily calories from protein) and fiber may help you feel fuller longer.

Silk
helps you bloom.

TM & © 2014 Kellogg NA Co.

With whole grain wheat on one side and a touch of sweetness on the other, Frosted Mini-Wheats give you nutrition you want with the taste you love.

POTATO-KALE HASH WITH EGGS

ACTIVE: 30 MIN **TOTAL:** 45 MIN

After the potatoes and kale are roasted, the hash is formed into 4 individual portions and finished with an egg in the middle. To keep the prep work to a minimum, use pre-chopped kale, found near other prepared cooking greens. If you'd rather chop your own, start with about 1 bunch and strip the leaves off the stems before chopping.

- 5 cups unseasoned frozen shredded hash browns *(see Tip)*
- 1 medium red onion, thinly sliced
- 4 cloves garlic, sliced
- ¼ cup extra-virgin olive oil
- 2 tablespoons whole-grain mustard
- ½ teaspoon salt
- ½ teaspoon ground pepper
- 6 cups chopped kale
- 1 cup shredded Gouda cheese, preferably smoked
- 4 large eggs

EASY & DELICIOUS BAKING-SHEET DINNERS RECIPES

1. Position a rack in lower third of oven; preheat to 450°F. Coat a large rimmed baking sheet with cooking spray.

2. Combine hash browns, onion, garlic, oil, mustard, salt and pepper in a large bowl. Spread onto the prepared baking sheet. Roast for 10 minutes. Layer kale evenly over the potato mixture. Roast for 5 minutes. Stir the kale into the potatoes until combined. Continue roasting until the kale is tender and the potatoes are starting to brown, 4 to 6 minutes more.

3. Carefully push the hash into 4 "nests" and make a well in the center of each, large enough for an egg. Sprinkle ¼ cup cheese into each well, then carefully break 1 egg into each. Bake, rotating the pan 180 degrees about halfway through, until the whites are barely set, 7 to 11 minutes. (The eggs will continue to cook a little more out of the oven.)

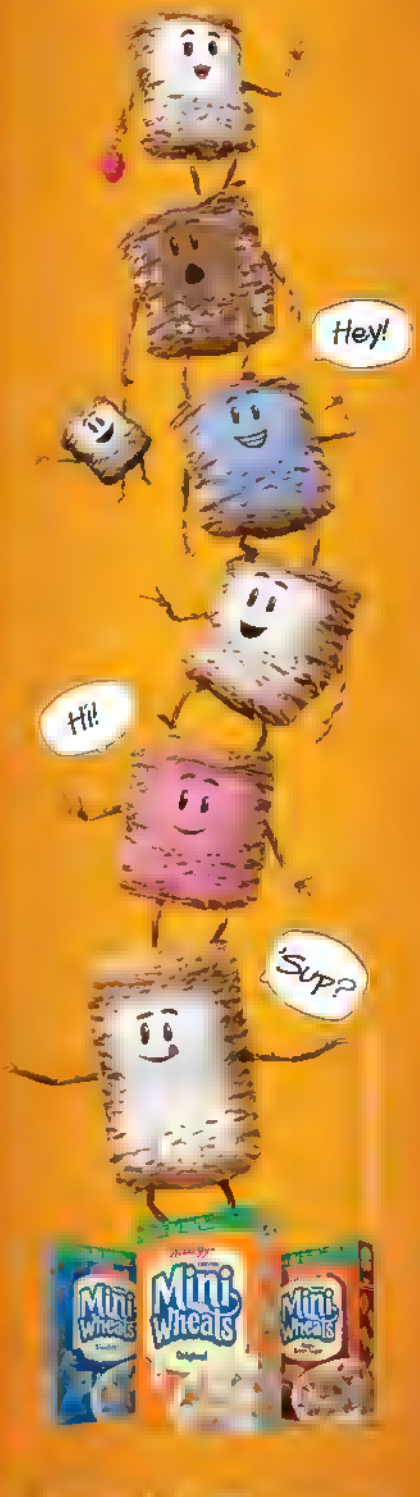
SERVES 4 1½ CUPS HASH & 1 EGG EACH

Calories 476, **Fat** 33g (sat 10g), **Cholesterol** 210mg, **Carbs** 29g, **Total sugars** 3g (added 0g), **Protein** 18g, **Fiber** 4g, **Sodium** 745mg, **Potassium** 889mg.

TIP: For this recipe, be sure to look for unseasoned frozen shredded hash browns; if you can only find seasoned hash browns, omit the salt in Step 2.

STEP-BY-STEP VIDEO to make Potato-Kale Hash at eatingwell.com/webextra

SAY HELLO TO ALL OF OUR DELICIOUS FLAVORS.

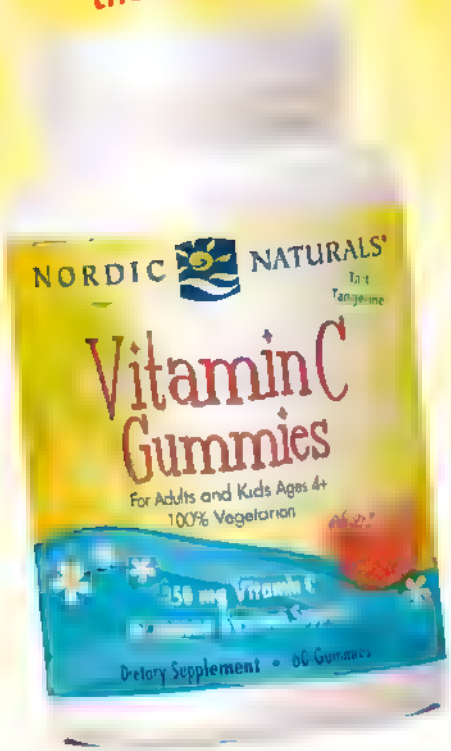


NORDIC NATURALS®

C's the day!

For immune and antioxidant support, make these your go-to vitamin C*

Grown-ups love them, too!



250 MG VITAMIN C PER SERVING

- For ages 4+
- 100% vegetarian
- No artificial ingredients
- Chewable gummy slices
- Delicious tart tangerine flavor

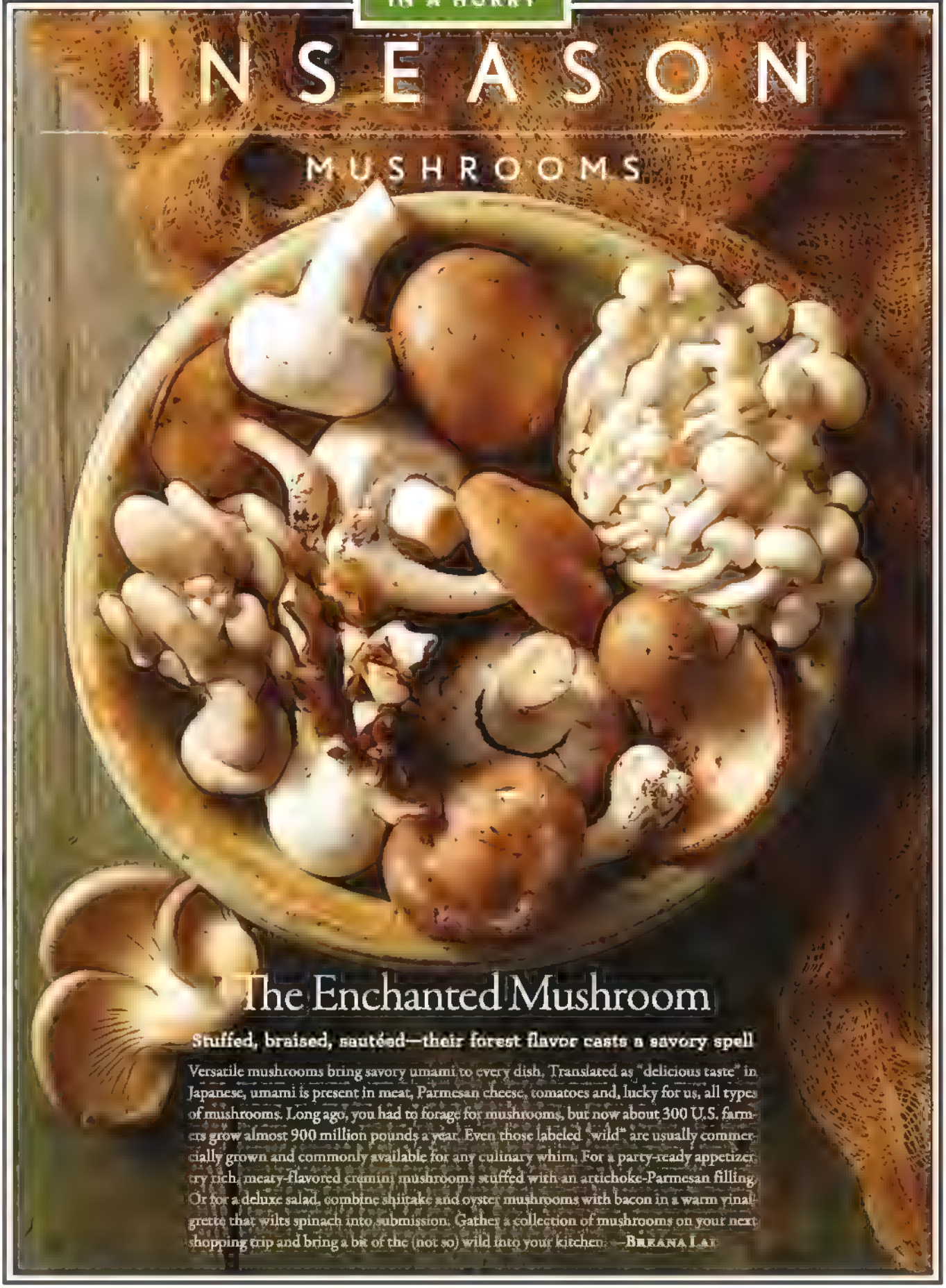
Committed to Delivering the World's Safest, Most Effective Omega Oils™

800.662.2544 | nordicnaturals.com

NORDIC NATURALS®

IN SEASON

MUSHROOMS



The Enchanted Mushroom

Stuffed, braised, sautéed—their forest flavor casts a savory spell

Versatile mushrooms bring savory umami to every dish. Translated as "delicious taste" in Japanese, umami is present in meat, Parmesan cheese, tomatoes and, lucky for us, all types of mushrooms. Long ago, you had to forage for mushrooms, but now about 300 U.S. farmers grow almost 900 million pounds a year. Even those labeled "wild" are usually commercially grown and commonly available for any culinary whim. For a party-ready appetizer, try rich, meaty-flavored cremini mushrooms stuffed with an artichoke-Parmesan filling. Or for a deluxe salad, combine shiitake and oyster mushrooms with bacon in a warm vinaigrette that wilts spinach into submission. Gather a collection of mushrooms on your next shopping trip and bring a bit of the (not so) wild into your kitchen. —Brenna Lai

PETER ARDITO STYLING LIZ NEELY WITH CAROLYN LASNER FOOD; LAREY NERSH. PROPS

SPINACH & WARM MUSHROOM SALAD

ACTIVE: 30 MIN **TOTAL:** 30 MIN

Skip baby spinach for this hearty salad—sturdier "mature" spinach leaves hold up better when tossed with the warm mushroom and bacon vinaigrette.

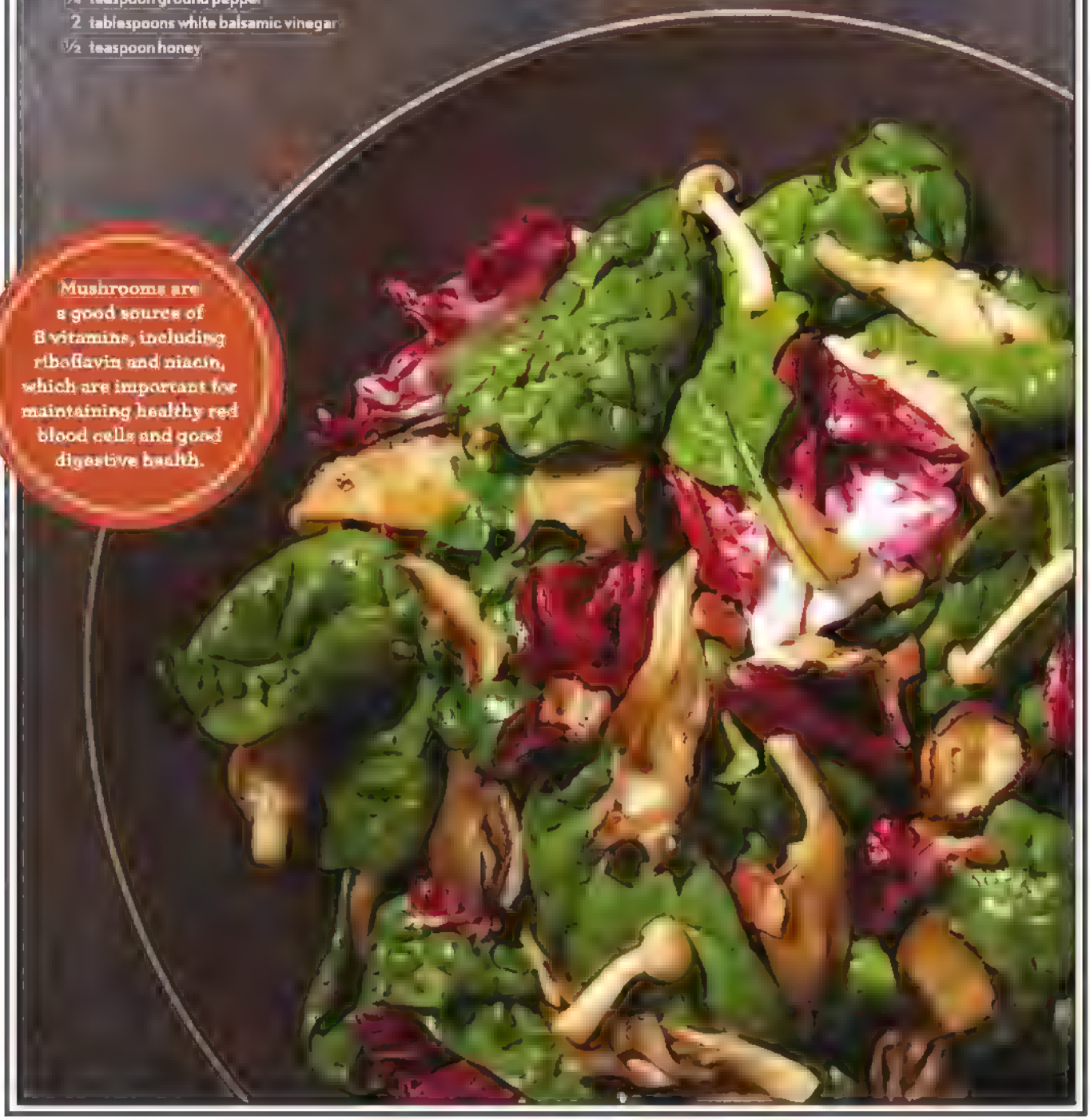
- 8 cups spinach, tough stems removed
- 2 cups coarsely chopped radicchio
- 3 tablespoons extra-virgin olive oil, divided
- 2 slices bacon, chopped
- 1 large shallot, halved and sliced (¼ cup)
- 3 cups sliced mixed mushrooms, such as shiitake, oyster and cremini
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- 2 tablespoons white balsamic vinegar
- ½ teaspoon honey

1. Combine spinach and radicchio in a large bowl.
2. Heat 1 tablespoon oil in a large skillet over medium heat. Add bacon and shallot and cook, stirring, until the bacon is crisp, 4 to 5 minutes. Add mushrooms, salt and pepper and cook, stirring, until the mushrooms are tender, 5 to 7 minutes. Remove from heat and stir in the remaining 1 tablespoon oil, vinegar and honey, scraping up any browned bits. Immediately pour the warm vinaigrette over the spinach mixture and toss to coat.

SERVES 4: ABOUT 2 CUPS EACH

Calories 137, **Fat** 9g (sat 1g), **Cholesterol** 3mg, **Carbs** 11g, **Total sugars** 4g (added 1g), **Protein** 5g, **Fiber** 3g, **Sodium** 260mg, **Potassium** 618mg

Mushrooms are a good source of B vitamins, including riboflavin and niacin, which are important for maintaining healthy red blood cells and good digestive health.



"The first ingredient in Ginger's 'big name' cat food wasn't even real meat.

So I switched her to BLUE."

hen pet parents learn the truth about some of the ingredients in their "big name" cat food, they switch to Blue Buffalo. **Each and every BLUE food contains only the highest quality natural ingredients** with real meat first. And we never use any chicken(or poultry) by-product meals—because that's not something we'd ever want to feed a family member.

Unlike many "big name" cat foods, BLUE:

- ✓ ALWAYS has real meat as the first ingredient
- ✓ ALWAYS includes veggies and fruit
- ✓ ALWAYS includes antioxidant-rich LifeSource® Bits
- ✓ NEVER has chicken (or poultry) by product meals
- ✓ NEVER has artificial colors, flavors or preservatives
- ✓ NEVER has corn, wheat or soy

And your cat can enjoy all of this naturally healthy goodness for only pennies a day more.

Compare your cat's food to BLUE™ at

CompareBlueCat.com

Love them like family.
Feed them like family.®

Co., Ltd.

IN SEASON

MUSHROOM PÂTÉ

ACTIVE: 25 MIN **TOTAL.** 25 MIN

TO MAKE AHEAD. Refrigerate for up to 3 days. Serve at room temperature.

Serve this vegetarian pâté as an appetizer with crackers and pickled onions or try it as a sandwich spread. Nutritional yeast, rich in vitamin B_{12}, adds a cheesy flavor without any dairy. Look for the yellow yeast powder or flakes in natural-foods stores.

- 1 teaspoon extra-virgin olive oil plus 2 tablespoons, divided
- ¼ cup minced shallots
- 1 pound cremini mushrooms (baby bella), coarsely chopped
- 2 tablespoons chopped fresh sage, plus more for garnish
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- 3 tablespoons dry sherry
- ½ cup walnuts, toasted *(see Tip, page 104)*
- 2 tablespoons nutritional yeast or Parmesan cheese

1. Heat 1 teaspoon oil in a large skillet over medium-high heat. Add shallots and cook, stirring, until starting to lightly brown, about 30 seconds. Add mushrooms and cook, stirring frequently, until their liquid is almost evaporated, 4 to 5 minutes. Add sage, salt and pepper and cook, stirring, for 2 minutes more. Add sherry, scraping up any browned bits, and cook until the liquid evaporates, 2 to 3 minutes.

2. Transfer the mixture to a food processor. Add the remaining 2 tablespoons oil, walnuts and nutritional yeast (or Parmesan) and pulse until very finely chopped, about 30 seconds. Serve garnished with sage, if desired.

MAKES: 2 CUPS FOR 16 SERVINGS (2 TBSP EACH)

Calories 56, **Fat** 5g (sat 1g), **Cholesterol** 0mg, **Carbs** 3g, **Total sugars** 1g (added 0g), **Protein** 2g, **Fiber** 1g, **Sodium** 39mg, **Potassium** 175mg.

endangered
COCONUT CRÉME FILLED DARK CHOCOLATE
SAY "HELLO" TO
THE filled BAR
Bold, premium chocolate bars filled with pillows of decadent, natural dairy-free crème. Each bite delivers a unique, indulgent experience – layered with a 10% Promise that supports a commitment to sustaining species, habitat and humanity.
GF
Learn More At
ChocolateBar.com

ARTICHOKE & PARMESAN STUFFED MUSHROOMS

ACTIVE: 25 MIN **TOTAL:** 45 MIN
TO MAKE AHEAD. Prepare through Step 3 up to 2 hours ahead

- 24 medium cremini (baby bella) or white mushrooms
- 4 teaspoons extra-virgin olive oil, divided
- 2 tablespoons minced shallot
- 2 cloves garlic, minced
- ½ cup drained marinated artichoke hearts, chopped
- 3 tablespoons panko breadcrumbs, divided
- 2 tablespoons grated Parmesan cheese
- 2 tablespoons low-fat mayonnaise
- ⅛ teaspoon dried thyme
- ¼ teaspoon salt
- ¼ teaspoon ground pepper

1. Position rack in upper third of oven; preheat broiler to low. Coat a 9-by-13-inch metal baking pan with cooking spray.

2. Remove and finely chop mushroom stems. Heat 1 teaspoon oil in a medium skillet over medium heat. Add the stems, shallot and garlic and cook, stirring, until the liquid is evaporated, about 5 minutes. Transfer to a bowl and stir in artichoke hearts, 2 tablespoons breadcrumbs, Parmesan, mayonnaise and thyme.

3. Toss the mushroom caps in another bowl with 2 teaspoons oil, salt and pepper. Stuff each with filling and place in the prepared pan. Combine the remaining 1 tablespoon breadcrumbs and 1 teaspoon oil and sprinkle on the mushrooms.

4. Broil on the upper rack until the mushrooms are soft and the breadcrumbs are golden, 15 to 20 minutes.

SERVES 8: 3 MUSHROOMS EACH

Calories 66, **Fat** 4g (sat 1g), **Cholesterol** 2mg, **Carbs** 6g, **Total sugars** 1g (added 0g), **Protein** 2g, **Fiber** 1g, **Sodium** 159mg, **Potassium** 304mg.

Our CEO sends her best.
Easy to digest Meyenberg Goat Milk!
MEYENBERG
LOW FAT
GOAT MILK
VITAMINS A & D
VITAMIN D
WHOLE POWDERED
Gluten free
High in calcium
No preservatives
No growth hormones*
More vitamins A & B
Nutritious natural milk alternative for cow or soy milk sensitivity • Our goat farmers promise not to use growth hormones (rBST)* • Enjoy its delicious flavor in Fresh, Evaporated, Whole & Non-Fat Powdered at leading natural food and grocery stores nationwide & on-line • www.meyenberg.com • 1-800-343-1185

Ancient Harvest

Invite Delicious to the Table

Open up your kitchen to a world of organic, gluten-free ancient grains. With tons of tasty options and oh-so-satisfying flavor, you'll never run out of things to love about eating clean.

Ancient Grains for Healthier Living

Supergra n Pastas® | Creamy Mac & Cheese
Satisfying Quinoa Grains | Flavorful Side D shes
Hot Cereal | Polentas and More

Discover gluten-free products, tasty recipes and where to buy at AncientHarvest.com

RED WINE BRAISED MUSHROOM SAUCE

ACTIVE: 15 MIN. **TOTAL:** 30 MIN.

MAKE AHEAD: ... day; reheat before serving.

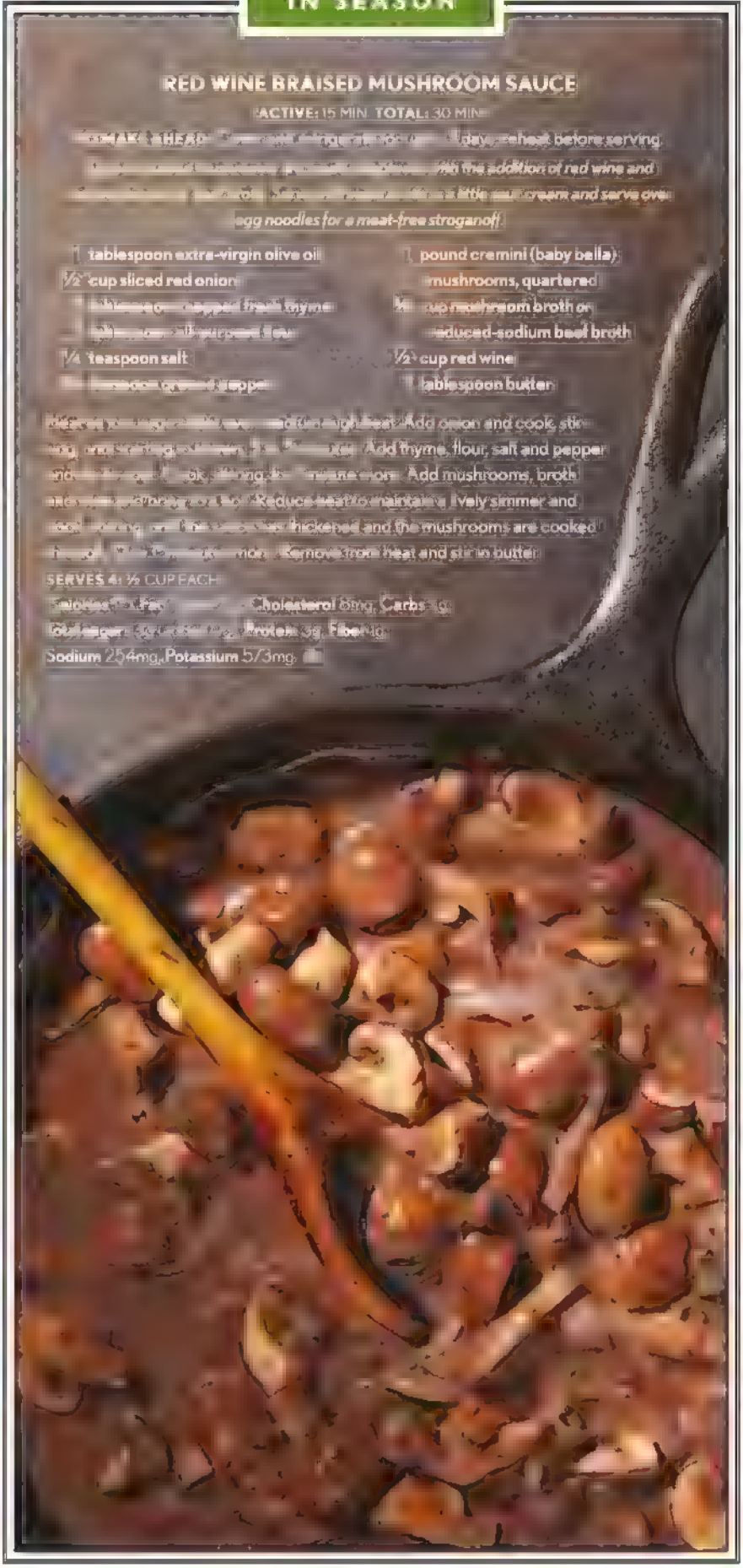
... with the addition of red wine and ... a little sour cream and serve over ... egg noodles for a meat-free stroganoff.

- ... tablespoon extra-virgin olive oil
- ½ cup sliced red onion
- ... fresh thyme
- ... all-purpose flour
- ¼ teaspoon salt
- ... pepper
- 1 pound cremini (baby bella) mushrooms, quartered
- ... cup mushroom broth or reduced-sodium beef broth
- ½ cup red wine
- 1 tablespoon butter

... heat. Add onion and cook, stir... Add thyme, flour, salt and pepper ... cook, stirring, ... more. Add mushrooms, broth ... Reduce heat to maintain a lively simmer and ... thickened and the mushrooms are cooked ... Remove from heat and stir in butter.

SERVES 4: ½ CUP EACH

... Cholesterol 8mg, Carbs ... g, ... Protein 3g, Fiber 1g, Sodium 254mg, Potassium 573mg.



A LESSON RICH IN HEART-HEALTHY FLAVOR

FROM AMERICA'S FAVORITE TUNA!*

Albacore, Tomato & Cucumber Salad w/ Lemon Yogurt-Dill Dressing

American Heart Association
CERTIFIED
Meets Criteria For Heart-Healthy Food

While many factors affect heart disease, diets low in saturated fat and cholesterol may reduce the risk of this disease.

Delicious StarKist® Albacore Tuna is certified by the American Heart Association®.

Containing at least 12 g of protein and 110 mg of omega-3's per serving, StarKist® Albacore Tuna is a flavorful way to make any meal deliciously healthy.

WELCOME to the NEW SCHOOL of TUNA™
StarKist.

Find this heart-healthy recipe and more at STARKIST.COM
Please note that the Heart-Check Food Certification does not apply to recipes

*Source: Nielsen HomeScan Dollar Share 52 weeks ending 12/29/13

©2014 StarKist Co. All Rights Reserved

GOOD TO THE CORE
The torte had great bones to begin with: it boasts 4 cups of fiber-rich apples plus crunchy almonds, which are a good source of vitamin E.

CHILL OUT
For maximum enjoyment, don't skip the chilling step—this torte is best served cold.

THE MAKEOVER
All in all, we shave about 40 calories and 5 grams of added sugar from each slice.

A Torte to Remember

With a creamy filling topped with sweet fall apples, this classic dessert is unforgettable.

By Carolyn Malcoun

APPLE BAVARIAN TORTE

ACTIVE: 35 MIN **TOTAL:** 4½ HRS (INCLUDING 2 HRS CHILLING TIME)
EQUIPMENT: 9-inch springform pan

CRUST
- 1 cup white whole-wheat or all-purpose flour
- ½ cup sliced almonds
- 2 tablespoons sugar
- ¼ teaspoon salt
- 6 tablespoons cold unsalted butter, cut in small pieces
- 1 large egg yolk
- ½ teaspoon vanilla extract

FILLING
- 1 large egg
- 8 ounces reduced-fat cream cheese, at room temperature
- ¼ cup sugar
- ¾ teaspoon vanilla extract

TOPPING
- 4 cups peeled and thinly sliced McIntosh apples
- ¼ cup sugar
- ½ teaspoon ground cinnamon
- ¼ cup sliced almonds

1. Preheat oven to 400°F.

2. To prepare crust: Pulse flour, almonds, sugar and salt in a food processor, using about 10 one-second pulses, until combined. With the motor running, add butter, a few pieces at a time, until combined. Add egg yolk and vanilla and process until evenly combined (the mixture will look like wet sand). Pat the crust into the bottom of a 9-inch springform pan and about 1 inch up the sides.

3. To prepare filling: Wipe out the food processor. Add egg, cream cheese, sugar and vanilla; process until smooth. Spread into the crust.

4. To prepare topping: Toss apples, sugar and cinnamon in a bowl until combined. Spoon over the filling, pressing gently. Top with almonds.

5. Bake the torte for 15 minutes.

6. Reduce oven temperature to 350°. Continue baking until set around the edges and just a bit jiggly in the center, 20 to 25 minutes more.

7. Let cool on a wire rack for 15 minutes. Run a knife around the edges, remove the pan sides and let cool completely, about 1 hour. Refrigerate until cold, at least 2 hours or up to 8 hours, before serving.

SERVES 10

Calories 282, **Fat** 16g (sat 8g), **Cholesterol** 72mg, **Carbs** 30g, **Total sugars** 18g (added 13g), **Protein** 6g, **Fiber** 3g, **Sodium** 143mg, **Potassium** 151mg.

PETER ARDITO STYLING LIZ NELLY THE CAROLYN CASNER FOODS CARRY NEBSHI PROPS

LIVING well

YOUR GUIDE TO PRODUCTS PROMOTIONS & SPECIAL EVENTS

A BETTER PROTEIN BREAKFAST WITH EGGS

Unlike cereal or yogurt, eggs have no sugar or carbohydrates. Get your all-natural protein fix in under 60 seconds. Coat coffee mug with cooking spray. Add 2 eggs and 2 tbsp. milk, beat until blended. Microwave 45 seconds, stir. Microwave 30-45 seconds. Top with 2 tbsp. shredded Cheddar cheese, salt and pepper. Done.

For more quick recipes visit incredibleEgg.org

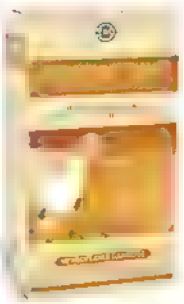
SILK® VANILLA ALMONDMILK JUST TASTES BETTER

Most people prefer the taste of Silk Vanilla Almondmilk to dairy milk.* Grab a carton and see for yourself!

Silk.com/signup

*National taste test 2014 Silk Vanilla Almondmilk vs. Dairy Milk

pick of the season



AT LAST, DIGESTIVE PEACE!

Solgar® Comfort Zone helps you "feel better" about the foods you eat, and worry less about the foods you enjoy.* It contains a broad spectrum of enzymes to help you break down a wide range of foods—even those that may be hard to digest.*

Solgar.com

SOLGAR® Since 1947

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Bethel Woods CENTER FOR THE ARTS

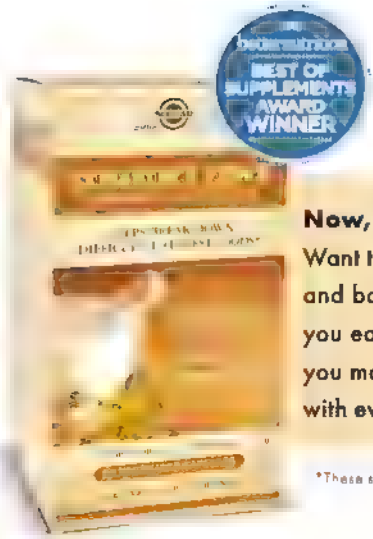
BETHEL WOODS HARVEST FESTIVAL

The 16th annual Harvest Festival is an outdoor event celebrating the bounty, talent and beauty of upstate New York and surrounding areas. Visit the EatingWell Marketplace on select weekends in September to learn more about EatingWell magazine and enjoy samples from featured advertisers including BUSH'S® Beans and Bob's Red Mill.

For more information, please visit BethelWoodsCenter.org

AT LAST, DIGESTIVE PEACE!

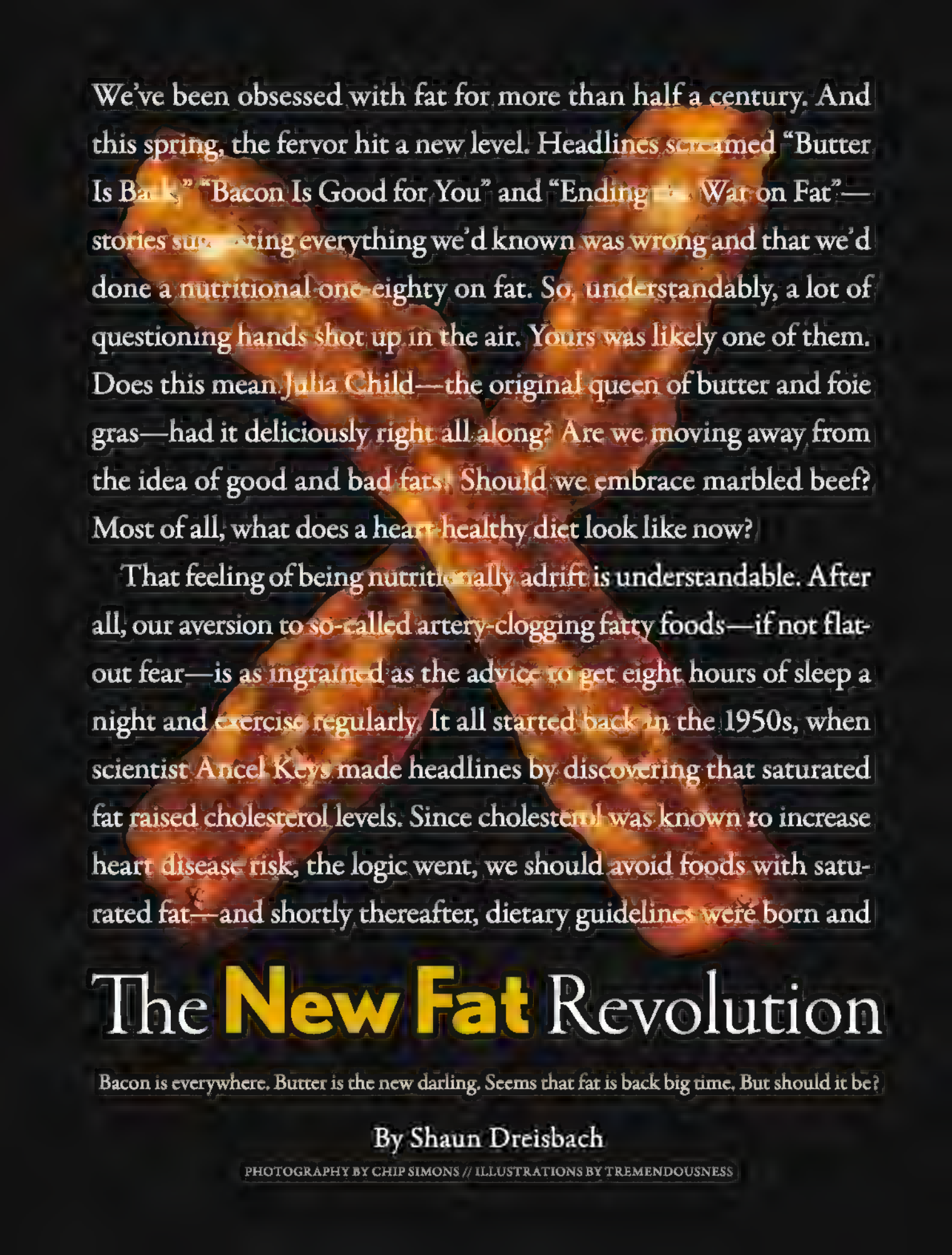
TODAY THERE'S COMFORT ZONE FROM SOLGAR®



Now, "feel better" about the foods you eat... worry less about the foods you enjoy.* Want to enjoy your food in peace? Comfort Zone may help you do just that. Its 11 high-activity enzymes and balanced herbal blend help support your body's natural digestive process.* So you can turn what you eat into what you need... helping break down proteins, carbohydrates, and fats—even those foods you may find hard to digest.* So help make peace with your digestion Just one Comfort Zone capsule with every meal can make a real difference in your relationship with food.*

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Live Vibrantly.



We've been obsessed with fat for more than half a century. And this spring, the fervor hit a new level. Headlines screamed "Butter Is Back," "Bacon Is Good for You" and "Ending the War on Fat"—stories suggesting everything we'd known was wrong and that we'd done a nutritional one-eighty on fat. So, understandably, a lot of questioning hands shot up in the air. Yours was likely one of them. Does this mean Julia Child—the original queen of butter and foie gras—had it deliciously right all along? Are we moving away from the idea of good and bad fats? Should we embrace marbled beef? Most of all, what does a heart-healthy diet look like now?

That feeling of being nutritionally adrift is understandable. After all, our aversion to so-called artery-clogging fatty foods—if not flat-out fear—is as ingrained as the advice to get eight hours of sleep a night and exercise regularly. It all started back in the 1950s, when scientist Ancel Keys made headlines by discovering that saturated fat raised cholesterol levels. Since cholesterol was known to increase heart disease risk, the logic went, we should avoid foods with saturated fat—and shortly thereafter, dietary guidelines were born and

The New Fat Revolution

Bacon is everywhere. Butter is the new darling. Seems that fat is back big time. But should it be?

By Shaun Dreisbach

PHOTOGRAPHY BY CHIP SIMONS // ILLUSTRATIONS BY TREMENDOUSNESS

the idea of eating low-fat took off. Then, about 15 years ago, the concept of "good" and "bad" fats was introduced. We were told to be eagle-eyed about saturated fat—trans fat joined the no-no list a few years later—and to embrace unsaturated fats like oils, nuts and avocados. So when a recent study in the *Annals of Internal Medicine* concluded that saturated fat does not, in fact, appear to increase heart disease risk (and sparked those headlines), our collective jaws hit the floor. *Wait, what?! How could this be?* The researchers analyzed data from 76 studies involving more than 600,000 people and found that those who ate the most of this so-called "bad" fat did not have a higher risk of cardiovascular disease than those who ate the least. (Trans fats remain a villain: in the study, they *were* associated with a higher risk.)

"We shouldn't be thinking about fat at all. It's about the overall quality of the foods you eat."

So should we end the war on fat? You'll find answers on the next few pages. But first, let's dispel one key myth about the *Annals* study: despite the news headlines, no one (at least in nutrition circles) is saying that all saturated fat is healthy. "Lack of harm is not the same thing as being beneficial," explains David Katz, M.D., M.P.H., director of the Yale University Prevention Research Center and an *EatingWell* advisor. "We found saturated fat is on average neutral compared to everything else we eat—it doesn't seem to affect heart disease risk," adds Dariush Mozaffarian, M.D., Dr.P.H., dean of the Friedman School of Nutrition Science and Policy at Tufts University and a co-author on the study.

Now to the question on every omnivore's mind: How could this be? Was the research that has informed our eating habits *that* wrong? Not entirely. "Our initial science was just focused on 'bad' LDL cholesterol—and showed that saturated fat raises LDL levels, which in turn raises heart disease risk. That's all the evidence we had," says Mozaffarian. "But nutrition science—which isn't even 100 years old—has advanced rapidly, and the data has changed." It's true that sat fat raises LDL cholesterol; that finding from the 1950s holds up. But what researchers have since discovered is that it also raises HDL, the "good" cholesterol. And saturated fat does not increase the *number* of LDL particles, one of the most important predictors of cardiovascular risk. Saturated fat makes LDL particles larger and that's pretty benign in terms of cardiovascular disease. (*See "Not All LDL Is Created Equal," page 53.*)

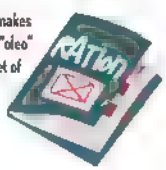
It's worth noting, too, that this isn't some newfangled theory. Evidence that saturated fat may not raise heart disease risk has been in the literature for decades. It's just that 2014 happened to be the

GREAT MOMENTS IN FAT

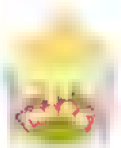
Fat—in our foods and on our waistlines—has been a churning issue for millennia. Hippocrates presciently wrote, "Corpulence is not only a disease itself, but the harbinger of others." Not so long ago, dietary fat—with its concentrated energy—was a precious commodity and body fat a key to survival. Then, in the 20th century, fat became something to be avoided. Interestingly, as our views on fat have flip-flopped, obesity and diabetes rates have continued to increase. Coincidence? *—Anne Treadwell*

1911
CRISCO CHEAPENS FAT
Touted as cheaper than animal fats like lard, this vegetable-oil product harnesses new oil-hydrogenation technology, making it the first trans fat.

1910
BUTTER & LARD REIGN
Butter consumption = 18 pounds annually per capita in the U.S. Lard is used for 70% of cooking.



1942
LEAN TIMES
World War II rationing makes butter costly. The white "oleo" margarine with its packet of yellow color to mix in becomes popular.



1957
FAUX FAT MAKES GAINS
Margarine consumption (9 lbs/year per capita) surpasses butter.

1955
HEART TROUBLE AT THE TOP
President Eisenhower is the first sitting U.S. president to suffer a heart attack. His doctors put him on a strict low-fat diet.

1968
HEART DISEASE PEAKS
After rising steadily for decades, U.S. deaths from heart disease begin to decline—due to medical advances and reduced smoking, among other factors.

1955
FRIED FOOD GETS FASTER
First McDonald's restaurant opens in Des Plaines, IL.

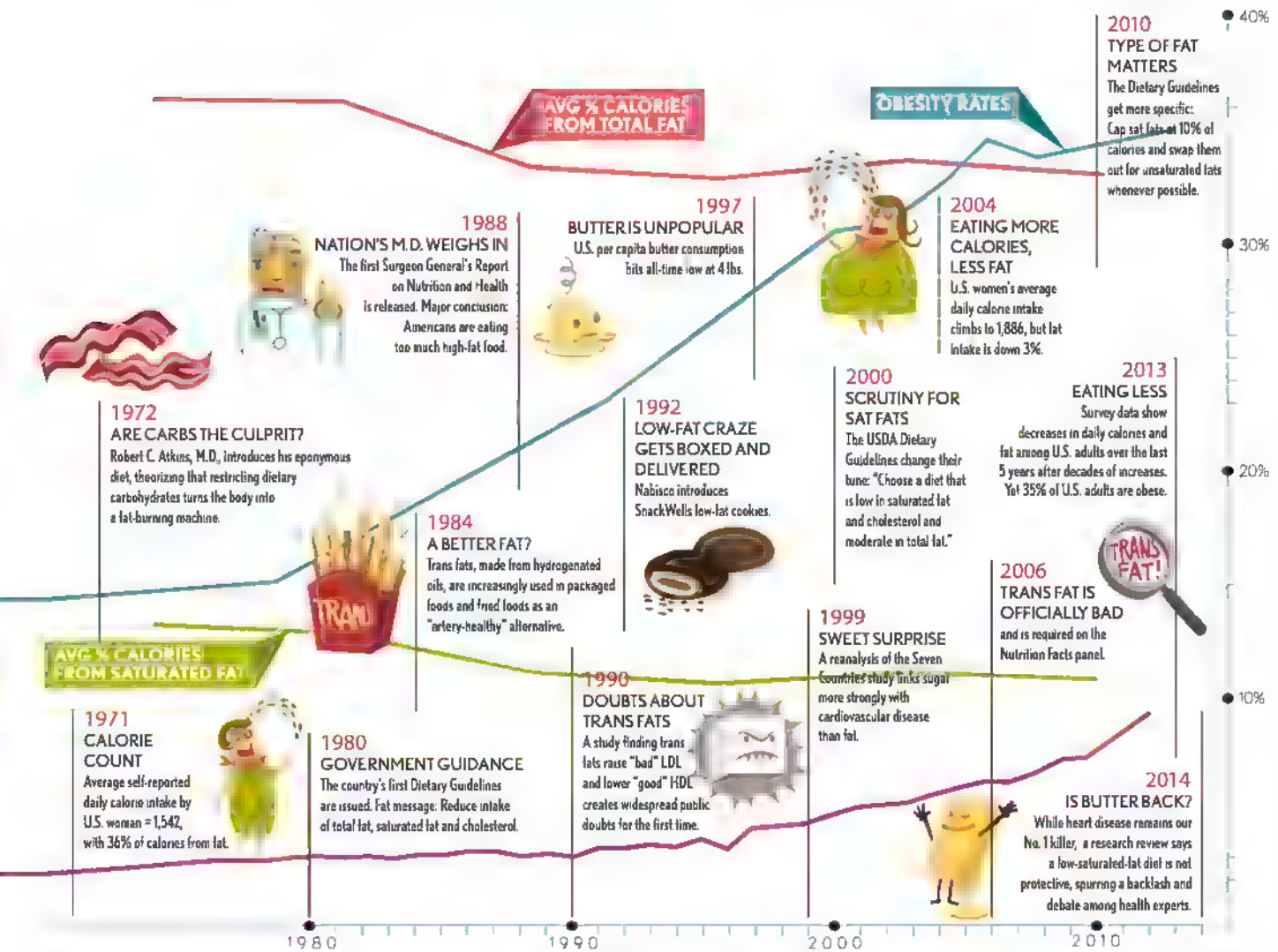
1961
SATURATED FAT IS VILLAINIZED
Researcher Ancel Keys, Ph.D., gains publicity for his seminal Seven Countries study, which suggests eating saturated fat leads to heart disease.

1910 1915 1940 1950 1960 1970

year it went viral. To be sure, the issue is still being studied—and debated. Not everyone agrees on the degree to which saturated fat impacts our health. But, for now, the bottom line appears to be this: "We've evolved our thinking and the 'good' and 'bad' stuff has got to go," says Pamela Peeke, M.D., clinical assistant professor at the University of Maryland School of Medicine. "Let's think in terms of beneficial and not-so-great. There is no bad, except for trans fats."

There is even preliminary evidence that suggests some types of saturated fat may be more neutral than others—and possibly even beneficial. Stearic acid, a kind of saturated fat in dark chocolate and beef, for example, has been shown to have no heart-harmful effects, notes Katz. And, in the context of an overall healthy diet, it may possibly offer some pros: a recent study in the *Journal of Human Hypertension* found that a DASH-style diet (low in salt and sugar, rich in fruits, veggies and whole grains) that swapped in lean beef as the main protein source (about 4 ounces a day) lowered blood pressure and improved blood vessel function. An earlier study concluded that a similar diet can also improve cholesterol levels. Then there's coconut oil. It was once demonized for its super-high sat-fat content (92 percent!). But the kind of fat it's primarily composed of (lauric acid) now appears to have no impact on cholesterol. There's also mounting evidence that full-fat dairy products may actually improve your health compared to low-fat. (*See "Myth: Full-Fat Milk Is Unhealthy," page 52.*) Still, this is complex stuff—because, as Mozaffarian points out, foods like beef, dairy, nuts, tropical oils and vegetable oils contain multiple types of saturated *and* unsaturated fats, and how the body reacts to them (not to mention the other nutrients in the food) can impact their health effects. At the moment, there's no need to get in a twist about specific saturated fats until scientists sort out more of the details

The *Annals* study also sparked a serious conversation about another health issue at play: what *replaced* the fat in our diets when we banished it. We started eating more sugar and processed carbohydrates. "We replaced one thing with something worse," says Mozaffarian. "These types of refined carbs *do* lower LDL levels, but they also lower HDL levels and increase triglycerides [a type of fat in your blood]. They're also linked to higher blood glucose and weight gain. So we're not just talking about an increased risk of heart disease, but also obesity and diabetes." That may be part of the reason why the group in the *Annals* study who ate the least saturated fat didn't have lower rates of cardiovascular disease than those who ate loads of it—because they were subbing in unhealthy processed carbs and sugar instead. It also helps explain why, despite the fact that we've lowered our saturated fat intake over the past several decades,


AVG % CALORIES FROM TOTAL FAT
OBESITY RATES
AVG % CALORIES FROM SATURATED FAT
40%
30%
20%
10%
1972
ARE CARBS THE CULPRIT?
Robert C. Atkins, M.D., introduces his eponymous diet, theorizing that restricting dietary carbohydrates turns the body into a fat-burning machine.
1971
CALORIE COUNT
Average self-reported daily calorie intake by U.S. woman = 1,542, with 36% of calories from fat.
1980
GOVERNMENT GUIDANCE
The country's first Dietary Guidelines are issued. Fat message: Reduce intake of total fat, saturated fat and cholesterol.
1984
A BETTER FAT?
Trans fats, made from hydrogenated oils, are increasingly used in packaged foods and fried foods as an "artery-healthy" alternative.
1988
NATION'S M.D. WEIGHS IN
The first Surgeon General's Report on Nutrition and Health is released. Major conclusion: Americans are eating too much high-fat food.
1990
DOUBTS ABOUT TRANS FATS
A study finding trans fats raise "bad" LDL and lower "good" HDL creates widespread public doubts for the first time.
1992
LOW-FAT CRAZE GETS BOXED AND DELIVERED
Nabisco introduces SnackWells low-fat cookies.
1997
BUTTER IS UNPOPULAR
U.S. per capita butter consumption hits all-time low at 4 lbs.
1999
SWEET SURPRISE
A reanalysis of the Seven Countries study links sugar more strongly with cardiovascular disease than fat.
2000
SCRUTINY FOR SAT FATS
The USDA Dietary Guidelines change their tune: "Choose a diet that is low in saturated fat and cholesterol and moderate in total fat."
2004
EATING MORE CALORIES, LESS FAT
U.S. women's average daily calorie intake climbs to 1,886, but fat intake is down 3%.
2006
TRANS FAT IS OFFICIALLY BAD
and is required on the Nutrition Facts panel.
2010
TYPE OF FAT MATTERS
The Dietary Guidelines get more specific: Cap sat fats at 10% of calories and swap them out for unsaturated fats whenever possible.
2013
EATING LESS
Survey data show decreases in daily calories and fat among U.S. adults over the last 5 years after decades of increases. Yet 35% of U.S. adults are obese.
2014
IS BUTTER BACK?
While heart disease remains our No. 1 killer, a research review says a low-saturated-fat diet is not protective, spurring a backlash and debate among health experts.
TRANS FAT!
1980
1990
2000
2010

TREND SOURCES: CENTERS FOR DISEASE CONTROL & PREVENTION AND *CIRCULATION*: A JOURNAL OF THE AMERICAN HEART ASSOCIATION. STARTING POINTS DETERMINED BY AVAILABILITY OF DATA

obesity rates have continued to climb and heart disease is still our number-one killer. "What the study really tells us is that there's more than one way to eat badly," says Katz.

So what, exactly, *should* we be eating, given all this new evidence? A diet that's almost forehead-smackingly simple—and which most experts agree on, no matter where they fall on the saturated-fat issue: eat a diet rich in a variety of fruits, nuts and vegetables, some healthy protein like fish, poultry and dairy, and minimally processed, whole-grain carbs—the kind that are high in fiber and have been fiddled with the least, like brown rice and whole-wheat bread. Also key: limit sugary foods and processed carbs like white bread, white rice and low-fiber breakfast cereals. If it has a lot of unpronounceable ingredients and a long shelf life, keep walking. (Any of this sounding familiar?) And fats? How should we think about those? For the record, the Dietary Guidelines for Americans recommend limiting saturated fat to less than 10 percent of total daily calories—and instead emphasizing foods containing unsaturated fat. Eating way more of these genuinely healthy fats than saturated ones is advice worth following. But many experts have a different take: "We shouldn't be thinking about fat at all," says Mozaffarian. "It's about the overall quality of the foods you eat. Depending on the foods you choose, you can eat a low-fat diet that's terribly unhealthy and raises your heart disease risk, and you can eat a high-fat diet that does the same, or you can eat very healthy versions of either."

He and other experts believe we get too hung up on grams and percentages, and what we really need to do is take a big-picture view of what we're eating. "Foods are complicated," explains Mozaffarian. "We can't just look at one aspect and judge their overall healthfulness." Katz agrees: "It's time to stop focusing on macronutrients like fat and think in terms of what should make up the majority of your diet. If you do that, you can't go too far wrong." So... if you want to have the *occasional* cheeseburger, it's fine.

Looks like Julia Child was onto something, after all. Her wise words: "I think one of the terrible things today is that people have this deathly fear of food: fear of eggs, say, or fear of butter. Most doctors feel that you can have a little bit of everything."

SHAUN DREISBACH *is a Vermont-based writer who specializes in health and fitness.*

myth: FULL-FAT MILK IS UNHEALTHY

Full-fat dairy has been *verboten* since glass bottles of milk stopped being delivered to your doorstep. But a growing body of research suggests that it may actually be better than the low-fat stuff at reducing our risk of obesity and other health issues. (Sounds scandalous, right?) In fact, in a recent review of 16 studies looking at the effects of full- and low-fat dairy on obesity, 11 of them found that high-fat dairy consumption was actually associated with lower weight. And a 2013 Swedish study showed that full-fat dairy was linked to smaller waistlines, while participants who ate low-fat versions had more of the kind of belly fat that raises your risk for heart disease and diabetes. "Despite all the dietary recommendations to eat low-fat dairy—and low-fat in general—there never was any strong evidence supporting it," says Walter Willett, M.D., Dr.P.H., chair of the department of nutrition at the Harvard School of Public Health. "We're not totally sure how full-fat dairy helps lower obesity risk, but it may cause greater satiety, so you eat less. Another possible reason is that specific fatty acids in full-fat dairy, such as CLA (conjugated linoleic acid), may affect insulin in a way that alters fat storage in the body. Those fatty acids are stripped out of products when lowering the fat content." Yogurt, in particular, has been linked with leanness in multiple studies, which may be because of the probiotics it contains—an added benefit. Of course, you haven't just been given license to eat wheels of Brie or tubs of ice cream. There is still the issue of calories to consider. But in small amounts? Willett says go for it. —*S.D.*

5 Things to Know About Cholesterol

Turns out this compound is way more complex than experts originally thought. And diet is only part of the picture: a recent study published in the *Journal of the Academy of Nutrition and Dietetics* that compared high- and low-fat diets found that eating the low-fat diet didn't have a significant impact on blood cholesterol levels. What arguably plays a bigger role? Things like weight, age and genetics. Here we help you get some of the key new discoveries straight. *—S.D.*

1 Exercise is good for your heart in more ways than one! Regular aerobic workouts—we're talking moderate intensity like a brisk walk, nothing crazy—can increase HDL levels by nearly 25 percent in three months. Why that matters: this "good" type of cholesterol grabs on to unhealthy cholesterols and ferries them to the liver, which breaks them down and clears them from your system. HDL also helps with blood-vessel health and prevents plaque buildup. So get moving, already! Your exercise Rx: 30 minutes on most days of the week.

2 That white bagel may be worse for you than the cream cheese. You thought the saturated fat in the cream cheese schmear was the main problem. But a growing body of evidence suggests that highly processed carbs—ahem, white bagel—may put you at an even greater risk for heart disease. How? Your body rips through them so quickly that your blood sugar and insulin levels climb then plummet. Eat a lot of these types of foods and all that roller-coastering bumps up levels of free fatty acids in your blood that, in turn, increase inflammation in the body, damage blood vessels and jack up your cholesterol *(see below, "Not All LDL Is Created Equal")*. Minimally processed carbs like steel-cut oatmeal (a better pick than the bagel!) don't have this effect.

3 Dietary cholesterol and blood cholesterol are two different things. In other words, just because you eat foods high in cholesterol (such as shrimp and eggs) doesn't mean your blood cholesterol levels will go through the roof. What actually raises your cholesterol are processed carbs, saturated and trans fats—with trans fat being the real enemy.

4 Diet does affect some people more than others. Apolipoprotein E (or ApoE) is a protein in the blood that ferries cholesterol and triglycerides to the liver, which metabolizes and disposes of them. That's a good thing. But having particular genetic variants of ApoE can prevent your body from metabolizing fats and carbs properly and predispose you to high cholesterol and heart disease—as well as diabetes and Alzheimer's disease. So if your diet is less than stellar—particularly in terms of trans fat and carbs (an excess of which gets converted to cholesterol)—your cholesterol levels could quickly become unhealthy. Your doctor might order an ApoE blood test if you have a family history of heart disease or if your cholesterol and triglyceride levels are high. Knowing what exact variants you have can help identify the most effective treatments—be it altering your diet, exercising and adding medication—to help bring your cholesterol down to a healthy level.

5 Your cholesterol numbers may be different than it was a year ago. Docs used to use your total cholesterol and HDL levels to determine your odds of developing cardiovascular disease. No more. In fall 2013, the American College of Cardiology and American Heart Association released a new risk calculator with updated data on how factors like blood pressure, age and whether you smoke affect your 10-year and lifetime odds of developing the disease—and whether you should be prescribed statins. Go to *heart.org* to get a preview, and see your doctor for a detailed assessment.

Not All LDL Is Created Equal

Once upon a time, LDL was simply LDL—and it was all bad. Then some brainy researchers with electron microscopes discovered that LDL actually comes in different sizes and densities. Some LDL particles are large and fluffy, while others are small and dense. "Most cholesterol screens don't break this down for you. But how much of each you have is what really determines whether you have a higher risk of heart disease," says Pamela Peeke, M.D., clinical assistant professor at the University of Maryland School of Medicine. "The large LDL particles bounce off your artery walls like a beach ball and make their way through your system until they're finally disposed of. These larger ones are pretty benign. The small ones, however, shoot through your arteries like BBs—beating up the lining of your blood vessels, and then sticking to them, which results in plaque formation. These are the true 'bad' LDLs. Having a lot of these small, dense particles makes you three times more likely to develop heart disease."

It's not the number, it's the size of the LDL particles that matters most—the types of food that impact the size may surprise you.

There are advanced lipoprotein screens—such as the VAP test and NMR LipoProfile—that your doctor can order to sort all this out, especially if you have diabetes, a family history of heart disease, or your HDL is low and your triglycerides are high, even if your LDL isn't elevated. "It's possible to have a total LDL cholesterol that's normal, but too many small, dense LDL particles and you'd be at risk," explains Peeke. This also explains, at least in part, why saturated fat doesn't affect heart disease risk. Because while foods like butter may raise LDL levels, it's the big, bouncy type as opposed to the damaging little BBs that processed carbs produce. *—S.D.*

(continued on page 54)

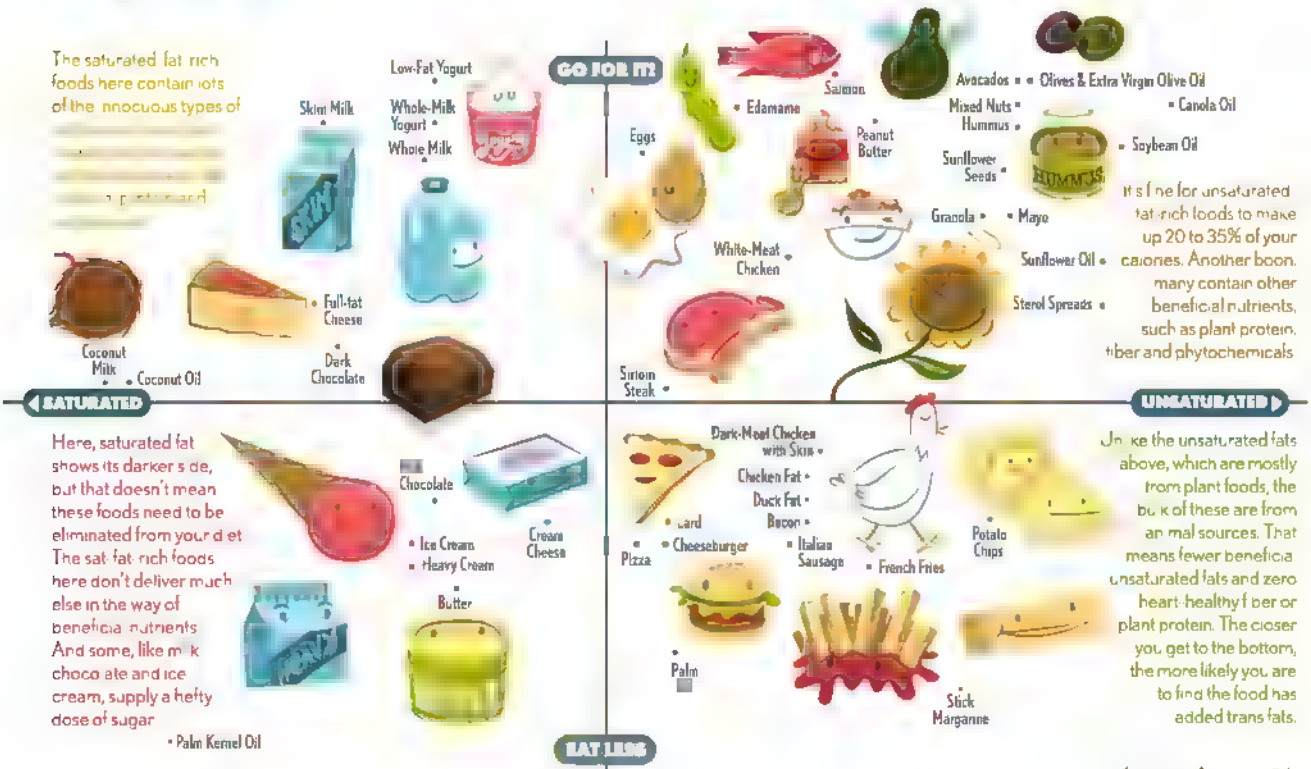
The Fat Decoder

People are confused about the differences between the types of fat in our diet--saturated, unsaturated, trans. Here, we explain them. *Holley Grainger, M.S., R.D.*

The Fat	Health Note	Food Sources
Saturated Fat. Typically solid at room temperature.	The old adage that eating too much saturated fat can raise your risk of heart disease has been contested recently--and now saturated fat is believed to be more benign than we originally thought.	Tropical oils (e.g., coconut, palm), butter, fatty meats, full-fat dairy products, coconut milk.
Monounsaturated Fat. Liquid at room temperature, but solid at cooler temps.	This fat helps to improve cholesterol levels, therefore lowering your risk of heart disease. It also controls blood sugar by improving insulin levels.	Avocados, nuts and seeds, and peanut, olive and canola oils.
Polyunsaturated Fat. Liquid at any temperature. There are many types of polyunsaturated fats, but two--omega-3s and omega-6s--are essential, meaning our bodies don't make them, so we need them in our diet.	**Omega-3 Fat:** The omega-3s EPA and DHA have a long list of science-backed benefits. They can help lower triglycerides, blood pressure and heart disease risk--as well as quell inflammation and improve mood.	Wild salmon, tuna, sardines, other oily fish, walnuts, flaxseed
	Omega-6 Fat: Higher intakes of omega-6s may improve insulin resistance, reduce diabetes risk and lower blood pressure. We get plenty of omega-6s in our diets and having an even balance of omega-6s and 3s is recommended, so for optimum health, concentrate on increasing foods with omega-3s in your diet.	Soybean, corn and sunflower oils--and packaged foods made with these oils.
Trans Fat. There are naturally occurring trans fats found in small amounts in butter and meat. The bulk of them, however, are produced by adding hydrogen to the chemical structure of vegetable oils--thus making them more solid.	Eating trans fat raises your "bad" LDL cholesterol, but also lowers your "good" HDL cholesterol--and raises your risk of heart disease. Avoid these completely.	Listed as "partially hydrogenated" oil in ingredient lists of processed foods, such as cookies, cakes, crackers and margarine. And can still be found in foods touting "0 grams trans fat"--always check the ingredient list. (Manufacturers can round down if there's 0.49 gram or less per serving.)

the FAT MATRIX

Olive oil is good, bacon is bad. Likewise, unsaturated fat is good, saturated bad, right? If only it were that simple. Foods aren't made up of just one kind of fat; they're a mix of many different kinds. Many fat-containing foods pack good-for-you nutrients like fiber, protein and calcium, helping to elevate their status. Here, with guidance from several leading experts, we make some judgments on where foods fall in terms of how much we should be eating. *Karen Ansel, M.S., R.D.N.*


The saturated fat-rich foods here contain lots of the innocuous types of
Skim Milk
Low-Fat Yogurt
Whole-Milk Yogurt
Whole Milk
Full-fat Cheese
Coconut Milk
Coconut Oil
Dark Chocolate
GO FOR IT!
Salmon
Edamame
Avocados
Olives & Extra Virgin Olive Oil
Canola Oil
Mixed Nuts
Hummus
Eggs
Peanut Butter
Sunflower Seeds
Soybean Oil
Granola
Mayo
White-Meat Chicken
Sunflower Oil
Sterol Spreads
Sirloin Steak
It's fine for unsaturated fat-rich foods to make up 20 to 35% of your calories. Another boon: many contain other beneficial nutrients, such as plant protein, fiber and phytochemicals.
SATURATED
UNSATURATED
Here, saturated fat shows its darker side, but that doesn't mean these foods need to be eliminated from your diet. The sat-fat-rich foods here don't deliver much else in the way of beneficial nutrients. And some, like milk chocolate and ice cream, supply a hefty dose of sugar.
Chocolate
Ice Cream
Heavy Cream
Cream Cheese
Butter
Palm Kernel Oil
Dark-Meat Chicken with Skin
Chicken Fat
Duck Fat
Bacon
Lard
Cheeseburger
Pizza
Italian Sausage
French Fries
Potato Chips
Palm
Stick Margarine
Unlike the unsaturated fats above, which are mostly from plant foods, the bulk of these are from animal sources. That means fewer beneficial unsaturated fats and zero heart-healthy fiber or plant protein. The closer you get to the bottom, the more likely you are to find the food has added trans fats.
EAT LESS

(continued on page 56)

Naturally, she'll love you for it

Why feed your dog Wellness? Well, unlike some brands, our food is made with real meats, fruits and veggies – with no fillers, meat by-product meals or artificial preservatives. Because they deserve it.

We do more than make pet food. We create **Wellness.™**

WellnessPetFood.com Available at Independent Pet Stores, PETSMART and petco

©WellPet 2014

myth: CANOLA OIL IS TOXIC.

SMOKE POINT
The temperature at which an oil begins to smoke. It varies with each oil (see chart opposite), but in general, the more refined the oil, the higher the smoke point. Heating an oil to its smoke point destroys beneficial compounds and creates harmful free radicals.

There are all sorts of rumors about canola oil—so let's sort fact from fiction.

First, you may have heard that canola oil contains high levels of the toxic compound erucic acid. Not true. "The rapeseed plant that canola oil was originally derived from does contain high levels of erucic acid, but it's been bred out of the canola plant we get our oil from today, so levels are very low and not harmful—the FDA regulates how much is allowed (no more than 2 percent)," says Libby Mills, R.D.N., a spokesperson for the Academy of Nutrition and Dietetics. In the late 1960s, traditional plant breeding methods—not biotechnology—were used to rid rapeseed of its undesirable qualities and canola was born. Today most of our canola oil is genetically modified, which adds a certain creep factor for some people. Truth is, there's no hard evidence that genetically modified foods like canola oil cause adverse health effects in humans, but there's also no good research proving that they don't. The FDA doesn't independently test GMOs—rather, they rely on reports from the manufacturer when clearing them for public consumption. So if you're concerned about GMOs, buy organic.

Then there's the claim that canola oil is processed using dangerous chemicals. There's a kernel of truth here. Canola—like many oils—is extracted using hexane, which is dangerous (it's flammable). That said, the final oil is essentially hexane-free—and there's no solid evidence to suggest this method of processing is bad for your health.

There is also some truth to the idea that cooking with canola can be toxic. But there's no need to rid your pantry of it. When canola oil is heated to high temperatures (think: frying), especially for a long time, linoleic acid (a healthy fatty acid also in corn, safflower and soybean oils) gets broken down into a compound called HNE, which has been linked to heart and liver disease and neurological problems. HNE becomes particularly concentrated when canola oil hits its smoke point or is reheated. "There's no research on what amount of HNE is harmful, but it's prevalent in packaged and restaurant foods—especially fried foods," says Mills. —*S.D.*

The Oil Guide

Fat isn't just a nutrient essential to your body, it's also a key player in cooking. Fat carries heat, helping to cook foods quickly and evenly. It also coats your taste buds, making flavor linger longer. Our favorites include olive and canola oils and butter. Take a closer look at those—and some other common oils—with this buyer's guide. – *Holley Grainger, M.S., R.D.*

	What the Science Says	Best Used For	Avg. Smoke Point	Fat Breakout
AVOCADO Oil extracted from ripe avocados after the skin and seed are removed.	The green hue of avocado oil comes from carotenoids (specifically eye-healthy lutein) and chlorophyll. Though chlorophyll has been touted as a blood cleanser and detoxifier, there's no solid science backing these claims.	With a hint of avocado flavor, this oil works well in a salad dressing and its high smoke point makes it good for stir-frying or sautéing.	482°F	
BUTTER Though butter is a dairy product, not an oil, it's often used in many of the same applications as oil.	A tablespoon of butter delivers 7% of the daily value for vitamin A—nearly what you'd get in a cup of milk. Some say ghee, or clarified butter (butter that has been heated to remove water and milk solids, leaving behind pure fat) is healthier than butter, but there isn't any science to support that claim.	Delicious as a spread and a favorite for baking because it provides moisture as well as fat. Use clarified butter for high-heat sautéing because it has a higher smoke point.	300°F	
CANOLA Oil extracted from the crushed seeds of the canola plant.	Canola has the smallest amount of saturated fat and the most heart-healthy omega-3 fats of any of the common cooking oils. It's also a good source of vitamins E & K.	With a high smoke point, light texture and neutral flavor, it's an excellent choice for sautéing, baking and frying. Its neutral flavor also makes canola a good choice for some dressings.	468°F	
COCONUT Oil extracted from the meat of mature coconuts. It's solid at room temperature, but liquid above 75°F. Can be used in solid or liquid state.	Although coconut oil is mostly saturated fat, it contains a type of fat that elevates "good" HDL cholesterol. More research is needed to support coconut oil's purported therapeutic benefits—such as potential antimicrobial and antibacterial properties.	Use it for baking and low-heat sautéing because of its smoke point. Match it with foods that go with its coconut flavor.	350°F	
EXTRA-VIRGIN OLIVE Oil cold-pressed from ripe olives. (Regular and light olive oils are more refined.)	People who regularly eat extra-virgin olive oil in place of saturated fats have a lower risk of heart disease, high blood pressure and stroke—and lower cholesterol.	Has a fruitier flavor and aroma than most oil, making it great for salad dressing, drizzling and moderate-heat sautéing.	375°F	
GRAPESEED Oil pressed from the seeds of wine grapes.	Rich in polyunsaturated omega-6 fats, which help lower cholesterol, grapeseed oil also delivers vitamin E.	Grapeseed oil is light in color and flavor with a hint of nuttiness. It has a high smoke point, making it a good option for baking, sautéing and stir-frying.	420°F	
PEANUT Oil extracted from peanuts. Available in refined, unrefined and toasted versions.	Though in small amounts, it's the only oil that contains resveratrol, a compound that may protect against certain cancers and heart disease. Also a good source of vitamin E.	Great neutral flavor; try roasted peanut oil for a toasty flavor. Use refined peanut oil for frying, grilling, sautéing or roasting due to its higher smoke point. Unrefined has a lower smoke point and is good for medium-heat cooking or salad dressings.	450°F* 320°F**	
SAFFLOWER Oil from the seeds of the safflower.	In a study, adding a daily dose of safflower oil (about 1⅔ tsp.) to their diet helped obese women with type 2 diabetes trim belly fat, improve their insulin sensitivity and "good" HDL cholesterol and lower C-reactive protein, a marker for inflammation.	Safflower oil (sometimes labeled "high heat" or "high oleic") has a high smoke point and very light flavor, making it good for stir-frying, sautéing and baking.	510°F	

*Refined **Unrefined ■ Monounsaturated ■ Polyunsaturated ■ Saturated ■ Other

HOW TO STORE YOUR OILS: Heat and light can damage oil and may alter its taste, so store oil in a cool, dark place for up to a year. Be sure to read labels carefully, though, because some oils have specific storage requirements (grapeseed, for example, should be refrigerated).

LEARN ABOUT HEALTH BENEFITS of 7 more oils and when to cook with them at eatingwell.com/webextra

ADVERT SEMENT

SPREAD THE LOVE

with GO Veggie!®

Welcome Back To Rich and Creamy Bliss

With GO Veggie!® Dairy Free cream cheese you can finally go back to baking those sweet and delicious birthday treats your kids want, and maybe sneak some for yourself after they've gone to bed. GO Veggie!® Dairy Free cream cheese has less fat and calories than cream cheese, is made with healthy coconut oil, and is always cholesterol and lactose free. So you and your family can share the rich and creamy comfort food you love and feel good about eating it.

WHIPPED CREAM CHEESE FROSTING

Dairy Free

Take those sweet indulgences from delicious to divine with this Whipped Cream Cheese Frosting.

INGREDIENTS

- 3 tablespoons **GO Veggie!® Dairy Free Classic Plain Cream Cheese**
- 1 tablespoon vegan butter
- 1 teaspoon vanilla extract
- dash sea salt
- 2 cups organic powdered sugar

INSTRUCTIONS

- In a large bowl, cream the **GO Veggie!® Dairy Free Classic Plain Cream Cheese**, vegan butter, vanilla extract and sea salt until fluffy
- Gradually beat in the organic powdered sugar ½ cup at a time until smooth and creamy
- For cupcakes, place frosting in a piping bag with a large star tip and squeeze into a large swirl on each cupcake. Add toppings for more fun!

Recipe makes enough to frost 1 (8 or 9 inch) cake layer or 12 cupcakes.

Recipe By: Spork Foods. ©Spork Foods 2014

Visit goveggiefoods.com for **$1.00 OFF** any GO Veggie!® product.

Welcome Back
GO Veggie!
GO Veggie! ® cheese alternatives are blissfully cheesy and lactose free. So when you go looking for a midnight bite, you can ignore the salad and find that sweet snack worth waking up for.
CHEESE-FREE CHEESE FOR PEOPLE WHO LOVE CHEESE™

FALL Finds

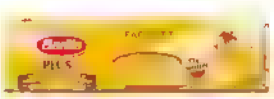
Check out these **must-have products** for the Fall season. Buy one or more item from any of these featured brands, send us your receipt and receive an EatingWell-branded reward card *(valued at $5)*.

2 WAYS TO REDEEM:
MAIL IN or @ EMAIL
See Details Below

BLISSFUL CHEESY SATISFACTION

Nothing satisfies like GO Veggie® cheese alternatives. Perfectly melty, blissfully delicious, and always lactose free, GO Veggie!® has all the calcium and protein of cheese, without the cholesterol or unhealthy fats.

Find a $1 off coupon at goveggiefoods.com.



BARILLA PLUS® IS PACKED WITH PROTEIN POWER

With more protein than 1/2 a chicken breast in every 3.5 oz portion*, Barilla PLUS® is a strong choice for your family meal.

Barilla.com/PLUS

*ESHA Genesis

CABOT FARMERS' LEGACY COLLECTION OF CHEESES

The Farmers' Legacy Collection celebrates the European cheesemaking traditions that the farm families have carried on for generations. Distinctive from our traditional award-winning sharp cheddars, this collection marries sharpness obtained by natural aging, plus hints of their countries of origin.

Cabotcheese.coop/legacy

THE WELLNESS DIFFERENCE

Wellness® Natural Pet Food for cats and dogs is available for all life stages and contains no added artificial ingredients, colors, flavors or meat by-products. Includes prebiotics, probiotics and antioxidants.

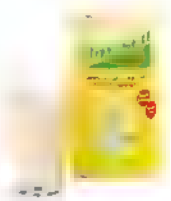
Wellnesspetfood.com

ENZYME PROBIOTIC COMPLEX

When it comes to healthy digestion, sometimes one approach is not enough. Experience the benefits of both enzymes and probiotics in one easy to take vegetarian complex. Supports immune health too.*

AmericanHealthUS.com

*This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.



ALMASED, THE WEIGHT LOSS PHENOMENON

All-natural Almased is made from non-GMO soy, yogurt and honey in a unique fermentation process. It is gluten-free and diabetic friendly. Almased supports a healthy blood sugar and helps burn fat while retaining muscle.

Almased.com

EatingWell Gift-with-Purchase Rules: Receive one (1) EatingWell-branded reward card valued at $5 when you purchase any of the featured products between 8/19/14 and 10/19/14. Send in your original receipt to: EatingWell Magazine, Attn: Fall Finds, 805 Third Avenue, 29th Floor, New York, NY 10022 or email a photo of the receipt with product(s) circled to EatingWellPromo@meredith.com. Include your name, address and phone number. No post office boxes allowed. Must be U.S. resident, 18 years or older. One (1) reward card per household. Offer good while supplies last or until 10/19/14, whichever comes first. Date/time of request determines who receives reward card. EatingWell is not responsible for lost, late, damaged, misdirected, incomplete, incorrect, illegible, postage due requests or mail. Allow 6-8 weeks for shipping.

This card is issued by CenterState Bank of Florida, N.A. pursuant to a license from MasterCard International Incorporated. MasterCard® is a registered trademark of MasterCard® International Incorporated.

To find this promotion online, visit **promo.eatingwell.com** and click on "Sweeps & Offers."

Italy is gifted. Its geography—that skinny boot jutting out into the Mediterranean—has made it a crossroads between Europe, the East and Africa for centuries. And though small, it's rugged. The Alps in the north and the Apennine Mountains running along its spine act as natural culinary boundaries. This has helped regional specialties flourish, for example, Prosciutto di San Daniele, which gets its character from the microclimate of a tiny hill town in Friuli, or a certain caper from Trapani in Sicily where they harvest salt from the sea. Italy's rich soils and varied climates support artichokes, tomatoes, citrus, prickly pears, you name it. Recipes passed down from *nonna* to *nonna*, like marinated olives, *brutti-buoni* cookies and Neapolitan puttanesca sauce, add to the allure. **For food lovers there may be no better place in the world.** Whether you're dreaming of a trip or want inspiration for what to cook this fall, this special section gives you plenty to enjoy. Pull up a chair and settle in to sample some of the best traditions Italy has to offer. —*Jessie Price*

Hand Lettering by Angela Southern

Savoring Sicily's Olives

On this Mediterranean island fall is the time for harvesting and curing olives. Come along to experience this time-honored tradition and Italy's most nuanced cuisine.

Maria Cascino bustles about, setting out a sampling of her home-cured olives in her airy outdoor kitchen in the central Sicilian town of Piazza Armerina. Maria, a commanding figure with iron-gray hair and deep-set eyes, spends late summer and autumn putting up provender for the cold months ahead. Along with jars of last year's olives, she offers tastes of her tomato sauce, small whole peeled tomatoes called *pelati* and leathery tomatoes she dried in the sun. We also sample jams made from the apricots and cherries that grow nearby.

As we taste, Maria and our mutual friend Salvatore Denaro—an acclaimed chef in central Italy—settle into a critique of the larder. I sit back and savor the olives. I crack the crisp skin of green olives between my teeth and suck on the pits of the black ones for all their goodness. After all, it's the olives that brought me here.

For years I've asked Salvatore about the olives he cures each fall and finally he invited me to come to his hometown in Sicily for the harvest. His are the best table olives I've ever had. The dry-cured black ones are wrinkled, jammy, pleasantly fusty in flavor. The brine-cured green ones taste salty and bittersweet, fragrant with wild fennel, chiles and garlic. I'm no stranger to olives, having grown them for years in Tuscany for oil, but not for eating. So I accepted quickly when late in September he said abruptly, "It's almost San Francesco. We must harvest olives in Sicily."

Although a chef, he is also a *contadino*, a peasant farmer, at heart, and so Salvatore lives by the calendar of saints. "You have to get them in before the Feast of St Francis, otherwise they're too full of oil," he says.

In early October I find myself with Maria and Salvatore, getting ready to harvest olives. We set out on a bumpy

By Nancy Harmon Jenkins

~

PHOTOGRAPHY BY PENNY DE LOS SANTOS

Though only 350 miles from Rome as the crow flies, Sicily is a world away. Sitting at the toe of the boot, the Mediterranean Island has been a nexus of Greek, North African and Italian cultures for thousands of years. Not surprisingly, the food of Sicilian cooks like Maria Cascino and Salvatore Denaro (above) is layered with more flavors than other Italian regional cuisines.

ORANGE, ANCHOVY & OLIVE SALAD

ACTIVE. 30 MIN **TOTAL:** 1 HR

TO MAKE AHEAD: Refrigerate for up to 8 hours. Serve at room temperature.

This delightful Sicilian salad brings together oranges, olives and anchovies. It's usually made when juicy Tarocco blood oranges are in season, but small navel oranges with a squeeze of lemon are a good substitute.

- 4 small oranges, preferably blood oranges
- 1 small red onion, sliced into very thin rounds
- 16 salt-cured (or oil-cured) black olives, or Kalamata olives, pitted and halved
- 6 anchovy fillets
- 1 tablespoon fresh lemon juice
- 3 tablespoons extra-virgin olive oil
- ⅛ teaspoon ground pepper, or more to taste
- 2 teaspoons finely minced fennel fronds for garnish

1. Peel oranges carefully with a paring knife, cutting away all the white pith as well as the membrane that covers them on the outside. Working on a plate to help capture all the juice, slice the oranges into rounds, as thin as you can manage.

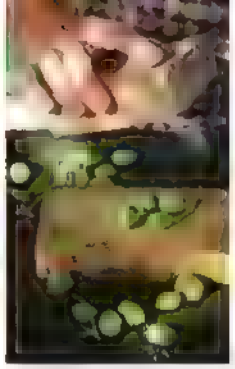
2. Arrange the orange slices on a serving platter; reserve the juice. Distribute onion over the oranges, then arrange olives over the top and finally the anchovy fillets.

3. Pour the orange juice and lemon juice over the salad and drizzle with oil. Sprinkle with pepper.

4. Let the salad stand at room temperature for about 30 minutes to let the flavors develop. Serve sprinkled with fennel fronds, if desired.

SERVES 4: 1 CUP EACH

Calories 202, **Fat** 15g (sat 2g), **Cholesterol** 5mg, **Carbs** 15g, **Total sugars** 10g (added 0g), **Protein** 3g, **Fiber** 3g, **Sodium** 465mg, **Potassium** 237mg



ride up a mountain track to one of the Cascino family olive groves. Salvatore grew up nearby and has harvested olives for years with Maria's family, who have farmed land in the surrounding hills for generations. Most of the olives will be turned into oil, but a few are reserved for the family's table. And these are what we're after today.

We tumble out of the truck, dust ourselves off and set to work collecting wood for a fire to roast sausages. First things first—and in Italy, food *always* comes first. Only then is it time to spread nets under the trees and start pulling off the round green *uova di piccione* (pigeon's egg) olives, dropping them into nets to protect them from the dusty soil.

As we pick, Maria reminds me that olives are too bitter to eat fresh off the tree because of oleuropein, a compound that is, ironically, loaded with antioxidants that make olives so good for us. Like traditional cooks around the Mediterranean, Maria and Salvatore use time-honored curing methods that remove most of the bitterness. Fully ripe black olives are layered with sea salt, which over weeks draws out the bitterness. When done, the salty olives are rinsed and tossed with a little oil for protection.

Unripe green olives are soaked in brine—"It should be 10 percent—salty enough to float an egg," says Salvatore—to which cooks often add vinegar and a variety of flavorings, such as (Salvatore's favorite) dried wild fennel blossoms or (Maria's preference) garlic and chiles. The bitterness leaches out of the olives and is replaced with the flavors of the brine.

Late in the afternoon, as sausages sizzle on the fire, work slowly comes to a halt. We have about seven or eight big gallon jars full of olives, enough to start the winter's supply.

Back in the kitchen, Maria and Salvatore get to work. Onions stew in olive oil and vinegar; Salvatore's rich, rolling baritone launches into a Sicilian folk song; the fragrance of lemons and the aroma of mint swirl with Maria's boisterous laughter at one of Salvatore's stories.

The pair turns out a feast of Sicilian dishes, including blood orange salad, fried crescents of winter squash smothered with tangy caramelized onions and a classic rabbit stew with a rainbow of diced vegetables. Each has layers of flavor, combinations of sweet and sour, of fresh mint, basil or dried oregano, some with additions of citrus, and salted capers and anchovies. Tying it all together is olive oil, the most common thread in Sicilian cooking, and, of course, the olives themselves.

NANCY HARMON JENKINS*'s next book,* Virgin Territory: Exploring the World of Olive Oil, *will be published by Houghton Mifflin next year.*

From near left to opposite: Unripe green olives have tough skins so they are cracked to absorb the flavorful curing brine faster. Golden olive oil and cured black or green olives meet in fresh salads like this classic, made with the island's fresh citrus.

SICILIAN MARINATED OLIVES

ACTIVE: 10 MIN. **TOTAL:** 40 MIN.

TO MAKE AHEAD: Prepare through Step 2; cover and refrigerate for up to 3 days. Let stand at room temperature for 30 minutes before finishing with Step 3.

Even in Sicily, pickled olives are often dressed up ("cunzate") to present as an antipasto. Try this with the plain green olives you buy from a supermarket olive bar. It will bring them to life in a whole new way.

- 1½ cups unpitted green olives
- 2 tablespoons extra-virgin olive oil
- 1 medium stalk celery, coarsely chopped
- 2 cloves garlic, peeled and thinly sliced
- 1 small fresh red or green chile pepper, thinly sliced
- 3 tablespoons chopped flat-leaf parsley, divided
- 1 teaspoon white-wine vinegar
- ⅛ teaspoon dried oregano, preferably Sicilian or Greek

1. Rinse olives in a colander, tossing gently under running water, then dry on a kitchen towel. Transfer to a bowl, add oil and gently toss to coat.
2. Add celery, garlic, chile, 2 tablespoons parsley and vinegar; toss again. Let the olives stand at room temperature for 30 minutes.
3. Transfer to a serving platter and sprinkle with the remaining 1 tablespoon parsley and oregano, crumbling the oregano with your fingers to bring out the flavor.

MAKES: ABOUT 2 CUPS (¼-CUP SERVING)
Calories 108, **Fat** 11g (sat 0g), **Cholesterol** 0mg, **Carbs** 1g, **Total sugars** 0g (added 0g), **Protein** 0g, **Fiber** 2g, **Sodium** 260mg, **Potassium** 26mg.

WINE LIST // *Sicily*

2012 Altadonna Grillo $13
Crisp and refreshing with flavors of apricot, lemon and Mediterranean herbs, this dry white wine is made from the indigenous grillo, also the primary grape used for Marsala wine.

2011 Cantine Barbera Nero d'Avola $15
Soft with light spice and raspberry undertones, full-bodied nero d'Avola is a perfect match for hearty dishes and cheese.

2012 Tenuta delle Terre Nere Etna Rosso DOC $15
Made from 95% nerello Mascalese and 5% nerello cappuccio, both native Sicilian grapes, this rich wine has berry aromas and a slight floral flavor.

Both wine and olives that come from the Cascinos' land around Piazza Armerina benefit from the volcanic soils created by Mount Etna, which dominates the skyline in the area. The Cascinos welcome guests at their B&B, La Casa negli Orti (*giucalem.com*).

THE ITALIAN Sidly ISSUE

SICILIAN EGGPLANT CAPONATA

ACTIVE: 1½ HRS **TOTAL:** 1½ HRS

TO MAKE AHEAD: Cover and refrigerate for up to 1 week. Bring to room temperature before serving.

According to Sicilians, a good caponata requires two-year-old green olives and is made with thin-skinned, round, light violet-colored eggplant—not the typical dark purple eggplant found in most American supermarkets. If you can find the thin-skinned variety, you can skip peeling them. If you're using dark purple ones and don't mind a little skin, peel each eggplant in alternating thin strips for a striped effect.

- 2 pounds eggplant, peeled and cut into ½-inch cubes
- 1 tablespoon sea salt
- ½ cup extra-virgin olive oil, divided
- 3 bay leaves
- 1 pound onions, chopped
- 1 pound celery, sliced ½ inch thick
- 1 pound cherry tomatoes, halved
- ¼ cup capers, preferably salt-packed, well rinsed
- 20 large green olives, pitted and very coarsely chopped
- 2 fresh hot red chile peppers, halved, seeded and thinly sliced
- ½ cup red-wine vinegar
- 1 tablespoon honey
- 2 tablespoons chopped flat-leaf parsley
- 2 tablespoons chopped fresh basil

1. Combine eggplant and salt in a large bowl. Transfer to a colander, place a plate on the eggplant and weight down the plate with cans. Set the colander in the sink to drain for 1 hour.

2. Meanwhile, heat ¼ cup oil in a large skillet over medium heat. Add bay leaves and let sizzle for about 1 minute to flavor the oil. Stir in onions and celery. Reduce heat to medium-low and cook, stirring occasionally, until the vegetables are soft, about 30 minutes; do not let them brown. Add tomatoes and capers, increase heat to medium and cook, stirring occasionally, just until the tomatoes start to break down, about 5 minutes. Stir in olives; transfer everything to a large bowl.

3. When the eggplant is ready, rinse under running water to get rid of as much salt as possible. Dry thoroughly on paper towels.

4. Heat the remaining ¼ cup oil in the same skillet over medium heat until very hot. Add the eggplant and cook, tossing and stirring, until brown on all sides, 10 to 15 minutes. Add chiles and cook, stirring, until they are softened, 5 to 10 minutes. Transfer the eggplant and peppers to the bowl with the tomato mixture and gently stir to combine.

5. Whisk vinegar and honey in a small saucepan; bring to a boil over medium heat. Simmer until thickened and reduced to about ¼ cup, about 5 minutes. Stir into the vegetables along with parsley and basil. Serve at room temperature.

SERVES 10: SCANT 1 CUP EACH

Calories 181, **Fat** 13g (sat 2g), **Cholesterol** 0mg, **Carbs** 16g, **Total sugars** 9g (added 2g), **Protein** 2g, **Fiber** 5g, **Sodium** 365mg, **Potassium** 544mg

FISH STEW WITH OLIVES, CAPERS & POTATOES

ACTIVE: 30 MIN **TOTAL:** 1 HR

The olive, caper and tomato-based sauce gives this very traditional fish stew a briny quality that speaks worlds of Sicily's relationship to the surrounding Mediterranean Sea.

- 1¼ pounds mahi-mahi, swordfish or halibut steaks, about ¾ inch thick
- ¼ teaspoon sea salt
- ¼ teaspoon ground pepper
- 6 canned plum tomatoes, drained and very coarsely chopped
- 2 stalks celery, diced
- ½ medium red onion, halved and sliced
- 1 cup green olives, pitted
- ¼ cup capers, preferably salt-packed, well rinsed, plus more for garnish
- ¼ cup extra-virgin olive oil
- 1 clove garlic, chopped
- ⅛ teaspoon crushed red pepper, or to taste
- 1½ cups thinly sliced peeled yellow-fleshed potatoes
- ¼ cup chopped flat-leaf parsley

1. Pat fish dry and sprinkle both sides with salt and pepper. Set aside.
2. Combine tomatoes, celery, onion, olives, capers, oil, garlic and crushed red pepper in a large skillet and toss to mix well. Layer potato slices over the vegetables to cover them completely.
3. Cover the skillet and place over medium-low heat. Cook, adjusting the heat to keep a steady simmer and shaking the pan from time to time—but do not stir the vegetables—until the potatoes are starting to soften, about 20 minutes.
4. Place the fish on top of the potatoes, cover and continue cooking until the fish is opaque in the middle, 10 to 12 minutes more. Serve sprinkled with parsley and more capers, if desired.

SERVES 4: 4 OZ. FISH & 1 CUP VEGETABLES EACH

Calories 256, **Fat** 13g (sat 1g), **Cholesterol** 69mg, **Carbs** 15g, **Total sugars** 2g (added 0g), **Protein** 19g, **Fiber** 2g, **Sodium** 315mg, **Potassium** 740mg

SWEET-&-SOUR SICILIAN RABBIT STEW

ACTIVE: 1¼ HRS **TOTAL:** 2¼ HRS

Italians frequently cook with rabbit and appreciate it as a very lean, high-protein source of delicious meat. It's available whole from most good butchers, to make preparation easier you should ask them to cut it into 6 roughly equal portions before you buy it. (To order fresh rabbit online, go to vermontqualityrabbits.com.)

- 1 fresh rabbit (3-3½ pounds), cut into 6 portions, or 6 large bone-in, skinless chicken thighs
- ½ teaspoon sea salt, divided
- ¼ teaspoon ground pepper
- ¼ cup extra-virgin olive oil, divided
- ½ cup dry white wine
- 1 cup diced red onion
- 1½ cups diced peeled yellow-fleshed potatoes
- 1 cup diced celery
- 1 cup diced carrots
- 1½ pounds small cherry or grape tomatoes, halved
- ½ cup coarsely chopped pitted green olives
- ¼ cup capers, preferably salt-packed, well rinsed
- ¼ cup pine nuts
- ¼ cup red-wine vinegar
- 1 tablespoon honey

1. Sprinkle rabbit (or chicken) on both sides with ¼ teaspoon each salt and pepper. Heat 2 tablespoons oil in a large, wide pot over medium heat. Cook the meat, in batches if necessary, turning 2 to 3 times, until golden brown but not cooked through, 4 to 8 minutes total. Remove to a shallow bowl. Pour wine into the pan, increase heat to medium-high and cook until the wine is reduced to a couple of tablespoons, about 2 minutes. Add the reduction to the bowl with the meat; cover to keep warm.

2. Heat the remaining 2 tablespoons oil in the pot over medium heat. Add onion and cook, stirring gently, until soft but not brown, 2 to 3 minutes. Add potatoes, celery and carrots and cook, stirring often, until the vegetables start to soften, 5 to 6 minutes. Add tomatoes, olives, capers and pine nuts and cook, stirring, until the tomatoes start to break down, about 5 minutes.

3. Return the meat and all the juice to the pot, nestling the pieces into the vegetables. (They should just fit and the vegetable sauce should lap up around the edges.) Cover and continue cooking gently over medium-low heat for 35 minutes (or just 20 minutes if using chicken).

4. Meanwhile, whisk vinegar and honey in a small saucepan; bring to a boil over high heat. Reduce heat to medium-low and simmer until reduced by half, 5 to 8 minutes. When the rabbit has cooked for about 35 minutes (or 20 minutes for chicken), stir the vinegar reduction into the pot. Increase heat to medium and cook, uncovered, for 10 minutes more. Stir in the remaining ¼ teaspoon salt.

5. Serve the meat with the vegetable sauce.

SERVES 6: 3-4 OZ. RABBIT & 1 CUP SAUCE EACH

Calories 485, **Fat** 25g (sat 4g), **Cholesterol** 101mg, **Carbs** 21g, **Total sugars** 9g (added 3g), **Protein** 39g, **Fiber** 4g, **Sodium** 341mg, **Potassium** 959mg.

FRIED WINTER SQUASH WITH BLACK OLIVES

ACTIVE: 1 HR 10 MIN **TOTAL:** 1 HR 40 MIN

TO MAKE AHEAD: Cover and refrigerate for up to 2 days. Bring to room temperature before serving.

This sautéed butternut squash topped with vinegary onions shows off one of the favorite flavor combos of Sicilian cooking—sweet, salty and tangy. Other hard winter squashes, such as kabocha or red kuri, work nicely in this dish as well.

- ½ cup extra-virgin olive oil, divided
- 2½ pounds butternut squash, peeled, halved, seeded and cut into ¼-inch-thick slices
- ¼ teaspoon sea salt, divided
- 2 medium yellow or red onions, halved and very thinly sliced
- 4 cloves garlic, coarsely chopped
- ½ cup salt-cured (or oil-cured) black olives or Kalamata olives, pitted and coarsely chopped
- ½ cup red-wine vinegar
- ¼ cup water
- ½ cup slivered fresh mint, divided

1. Heat ½ cup oil in a large cast-iron skillet or shallow enamel-lined pot over medium-high heat until shimmering. Place a wire rack next to the stove and cover with a layer of paper towels. When the oil is very hot (but not smoking), add squash a few slices at a time, and cook until tender and browned on both sides, 2 to 4 minutes a side. Remove to the prepared rack. Continue with the remaining slices, reducing the heat as needed to prevent the squash from overbrowning before it's tender. Arrange the squash on a serving platter and sprinkle with ¼ teaspoon salt.

2. Discard any oil remaining in the pan and wipe it out with paper towels. Add the remaining ¼ cup oil to the pan and heat over medium-low. Add onions and cook, stirring occasionally, until completely softened but not brown, about 10 minutes. Stir in garlic and cook for 1 minute, then add olives and cook for 1 minute more.

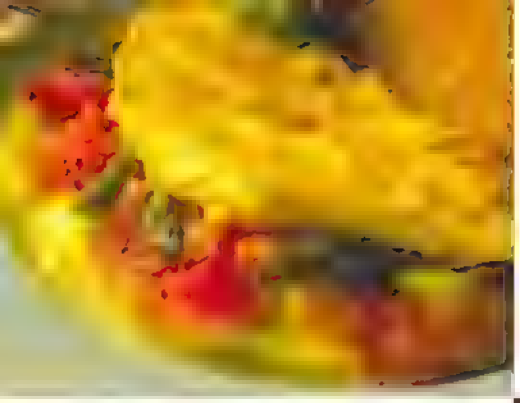
3. Meanwhile, heat vinegar and water in a small saucepan over high heat. Boil until reduced by half, about 5 minutes. Add the vinegar reduction to the onion-olive mixture and increase heat to medium-high for 2 minutes. Remove from heat and stir in the remaining ¼ teaspoon salt and all but 1 tablespoon mint. Spoon the onion mixture over the squash slices. Garnish with the reserved 1 tablespoon mint. Let stand at room temperature for about 30 minutes to let the flavors develop before serving.

SERVES 8: ABOUT 1 CUP EACH

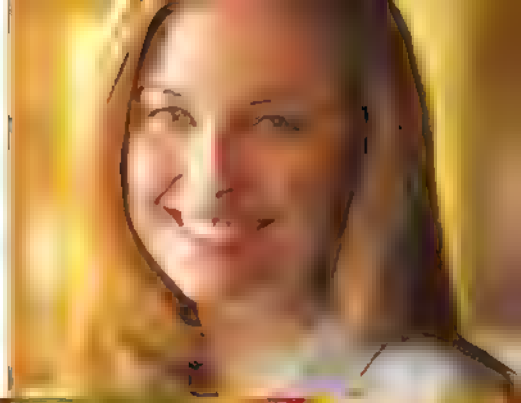
Calories 235, **Fat** 18g (sat 2g), **Cholesterol** 0mg, **Carbs** 18g, **Total sugars** 4g (added 0g), **Protein** 2g, **Fiber** 5g, **Sodium** 290mg, **Potassium** 420mg.

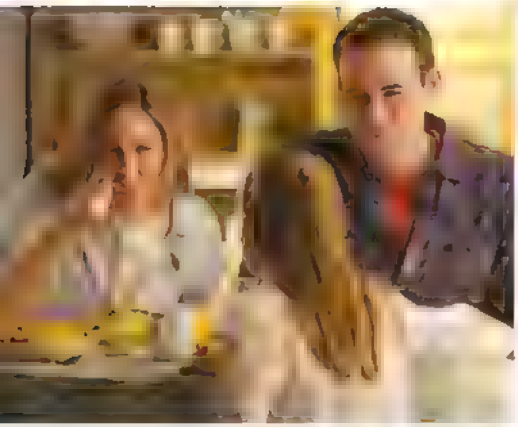
For our guide to 6 Italian olives to try and 3 ways to pit them, turn to page 104.

STYLING: SUSAN SPUNGEN · FOOD: GRACE KNOTT · PROPS:



Hungry for the best in taste, nutrition, and freshness?





It's so EB

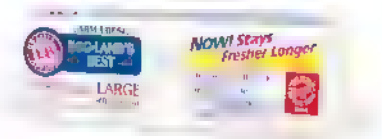
Giving your family the best has never been so easy! Compared to ordinary eggs, EBs provide:

- 25% less saturated fat
- 10 times more vitamin E
- 3 times more vitamin B12
- 4 times more vitamin D
- 2 times more Omega 3
- 38% more lutein
- 175 mg cholesterol (58% DV)

Along with superior nutrition comes superior taste: EBs deliver more of the farm-fresh, delicious flavor everyone loves.

Superior taste, freshness, nutrition, quality, variety, and value–only one egg makes it easy. EBs!

Winner Eggs Category
Survey of 45,086 people by TNS



Also available in Cage Free and Organic varieties

EGG-LAND'S BEST

Better taste. Better nutrition. Better eggs.™

egglandsbest.com

facebook.com/EgglandsBestEggs @EgglandsBest

A Way with
Pasta
The zesty lemon and parsle
cli gs to this seafood pasta perfe
The surprise ingredient is boiled, riced
p to that adds an extra blast of
starch to thicken the sauce
Spaghetti
alla Fioretto

Pasta

Forget complicated. At his cooking school in Verona, Italy, Giuliano Hazan shows you how stunning simple can be.

Have you ever tasted a really amazing but simple pasta dish in a restaurant—like a classic carbonara made with just pancetta, onions, eggs and cheese—and then tried making it at home only to be disappointed? Certainly starting with high-quality ingredients is part of what makes it special. But there are also a few cooking secrets that deserve credit.

Master instructor Giuliano Hazan teaches just this type of culinary magic at the school he founded in northern Italy with his late mother, legendary Italian cook Marcella Hazan. The tips are so simple—add an ingredient at just the right time or cook a vegetable to the perfect doneness—that, once learned, you can easily adapt them to your favorite pasta recipes. You just need to know Giuliano's tricks, and with a little effort the flavors will speak volumes. *Buon appetito! —Jim Romanoff*

~

PHOTOGRAPHY BY LAURIE PROFFITT

~ GIULIANO'S WAY ~

Anchovies lend a voluptuousness to this dish without adding fishy flavor. The secret is to finely chop them and let them dissolve into the olive oil while cooking.

SPAGHETTI WITH HALIBUT & LEMON

ACTIVE: 40 MIN **TOTAL:** 1¼ HRS
(INCLUDING 1 HR MARINATING TIME)

Halibut "cooked" ceviche-style in a zesty lemon marinade then tossed with spaghetti makes a refreshing dinner for a warm fall evening. While the fish marinates, throw together a salad.

- 12 ounces halibut, skinned and cut in ½-inch cubes
- 6 tablespoons lemon juice
- ¼ cup extra-virgin olive oil
- 3 tablespoons finely chopped red onion
- 2 tablespoons finely chopped flat-leaf parsley
- ¼ teaspoon crushed red pepper
- ½ teaspoon salt plus 1 tablespoon, divided
- 1 small Yukon Gold potato (about 2 ounces)
- 12 ounces spaghetti

1. Combine halibut, lemon juice, oil, onion, parsley and crushed red pepper in a large bowl. Season with ½ teaspoon salt and mix well. Let stand at room temperature, stirring occasionally, until the fish is opaque throughout, at least 1 hour and up to 2 hours.

2. Place potato in a large saucepan, cover with cold water and bring to a boil. Reduce heat to medium and cook until very tender, 12 to 15 minutes. Remove the potato; peel when it's cool enough to handle. Keep the potato-cooking water and add enough water to the pot to make about 2 quarts total for cooking the pasta.

3. When the fish is done marinating, return the water to a boil. Add the remaining 1 tablespoon salt, then stir in pasta until all the strands are submerged. Cook according to package instructions until just tender.

4. Meanwhile, mash the potato through a ricer or with a fork. Add to the bowl with the fish and stir until well combined.

5. When the pasta is done, drain well and toss with the fish mixture. Serve at once.

SERVES 6 GENEROUS 1 CUP EACH
Calories 368, **Fat** 11g (sat 2g), **Cholesterol** 28mg, **Carbs** 46g, **Total sugars** 1g (added 0g), **Protein** 19g, **Fiber** 3g, **Sodium** 375mg, **Potassium** 368mg.

BUCATINI ALLA PUTTANESCA

ACTIVE: 30 MIN **TOTAL:** 30 MIN

This Neapolitan pasta is named after the "ladies of the night" who, according to legend, cooked it to seduce their clients. You'll be seduced by how fast this flavorful tomato sauce, seasoned with olives, anchovy, oregano and capers, comes together. It's terrific served atop sautéed chicken cutlets too.

- 4 anchovy fillets, chopped
- 3 tablespoons extra-virgin olive oil, divided
- 1 teaspoon finely chopped garlic
- 2 cups coarsely chopped canned no-salt-added whole peeled tomatoes, with their juice
- ⅛ teaspoon salt plus 1 tablespoon, divided
- 12 ounces bucatini pasta *or* spaghetti
- 8 black olives, Kalamata *or* Greek, unpitted
- 1 tablespoon capers, rinsed
- 1 teaspoon coarsely chopped fresh oregano

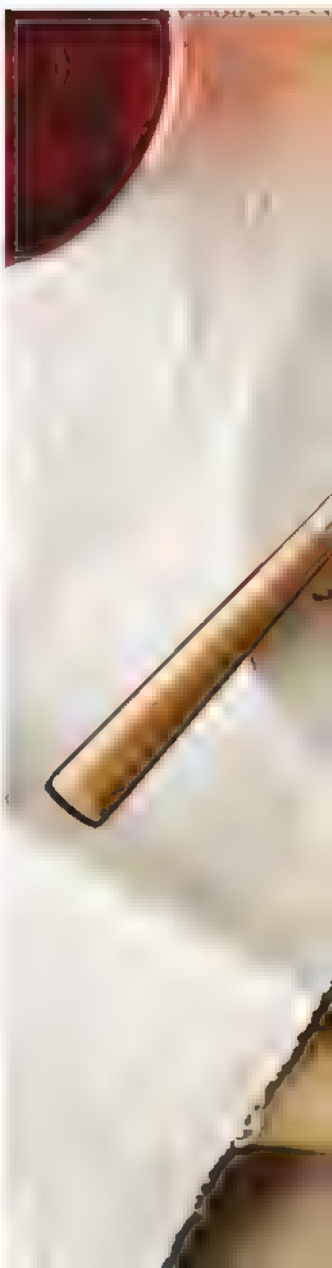
1. Combine anchovies and 2 tablespoons oil in a large saucepan over medium heat. When the anchovies begin to dissolve, add garlic and stir for about 15 seconds. Add tomatoes and season with ⅛ teaspoon salt; cook until the tomatoes are no longer watery and have separated from the oil, 15 to 20 minutes. Remove from heat.

2. When the sauce is about halfway done, bring 2 quarts of water to a boil in a large pot. Add the remaining 1 tablespoon salt, then stir in pasta until all the strands are submerged. Cook according to package instructions until just tender.

3. Cut olives into slivers by slicing the flesh away from the pit. When the pasta is halfway done, return the sauce to medium heat and stir in the olives, capers and oregano.

4. When the pasta is done, drain well and toss with the sauce, adding the remaining 1 tablespoon oil. Serve at once.

SERVES 4: 1¼ CUPS EACH
Calories 474 **Fat** 15g (sat 2g), **Cholesterol** 3mg, **Carbs** 70g, **Total sugars** 4g (added 0g), **Protein** 14g, **Fiber** 5g, **Sodium** 587mg, **Potassium** 322mg



CARTWHEEL PASTA WITH PEPPERS & ONIONS

ACTIVE: 40 MIN **TOTAL:** 40 MIN

One of the best ways to use up a bountiful pepper harvest is to prepare a peperonata, or peppers stewed with caramelized onions and tomatoes, here tossed with wagon-wheel pasta.

- 1½ cups sweet yellow onion, halved and thinly sliced crosswise
- 3 tablespoons extra-virgin olive oil
- ½ teaspoon salt plus 1 tablespoon, divided
- ⅛ teaspoon crushed red pepper
- 2 yellow bell peppers
- 1 red bell pepper
- ¾ cup coarsely chopped canned no-salt-added whole peeled tomatoes, with their juice
- 1 tablespoon chopped flat-leaf parsley
- 12 ounces *ruote di carro* (wagon wheels) *or* fusilli pasta

1. Combine onion, oil, ¼ teaspoon salt and crushed red pepper in a large skillet over medium heat. Cook, stirring occasionally, until the onion is a rich golden color, 10 to 15 minutes.
2. Meanwhile, peel bell peppers with a vegetable peeler. Cut them in half, remove the cores and thinly slice into ¼-inch-wide strips.
3. When the onion is golden, increase heat to medium-high and add the peppers. Cook, stirring occasionally, for 2 minutes. Reduce heat to medium; add tomatoes and ¼ teaspoon salt and cook until the tomatoes are no longer watery and have separated from the oil, 15 to 20 minutes. Add parsley, stir for 30 seconds, then remove from heat.
4. Meanwhile, bring 2 quarts of water to a boil in a large pot. Add the remaining 1 tablespoon salt, then add pasta and stir well. Cook according to package instructions until just tender. Drain well and toss with the sauce. Serve at once.

SERVES 4: 1¾ CUPS EACH
Calories 480, **Fat** 13g (sat 2g), **Cholesterol** 0mg, **Carbs** 76g, **Total sugars** 7g (added 0g), **Protein** 14g, **Fiber** 6g, **Sodium** 507mg, **Potassium** 477mg.

~ GIULIANO'S WAY ~

Giuliano prefers to use white-flour pasta, but for whole-grain he likes a farro pasta, such as Rustichella d'Abruzzo Organic. Use whichever type of pasta you prefer in any of these recipes.

MACARONI WITH SAUSAGE & RICOTTA

ACTIVE: 35 MIN **TOTAL.** 35 MIN

A bit of sausage goes a long way in flavoring this creamy tomato sauce. Tossed with any type of tubular pasta, it's just the thing to satisfy your craving for comfort food in a hurry.

- 2 tablespoons extra-virgin olive oil
- 6 tablespoons finely chopped yellow onion
- 6 ounces mild pork sausage, casings removed
- 1 14-ounce can no-salt-added whole peeled tomatoes, chopped, with their juice
- ¼ teaspoon ground pepper
- ⅛ teaspoon salt plus 1 tablespoon, divided
- 12 ounces thin tube-shaped pasta, such as *pasta al ceppo*
- 6 tablespoons part-skim ricotta cheese
- 10 fresh basil leaves, thinly sliced
- ¼ cup freshly grated Parmigiano-Reggiano cheese

1. Put 2 quarts of water on to boil in a large pot.

2. Meanwhile, combine oil, onion and sausage in a large skillet over medium-high heat. Cook, stirring and crumbling the sausage with a spoon, until the onion is golden, 4 to 5 minutes. Add tomatoes, pepper and ⅛ teaspoon salt; cook until the tomatoes have reduced and separated from the oil, 5 to 10 minutes. Remove from heat.

3. Add the remaining 1 tablespoon salt to the boiling water, stir in pasta and cook according to package instructions until just tender.

4. Just before the pasta is done, return the sauce to medium-low heat. Add ricotta and basil and stir until combined. When the pasta is done, drain well and toss with the sauce and Parmigiano. Serve at once.

SERVES 6 1⅓ CUPS EACH

Calories 362, **Fat** 12g (sat 4g), **Cholesterol** 16mg, **Carbs** 48g, **Total sugars** 3g (added 0g) **Protein** 15g, **Fiber** 3g, **Sodium** 441mg **Potassium** 276mg.

(continued on page 78)

GIULIANO'S WAY

Super-luscious and tender onion balances the tastes in this hearty dish. To fully develop the flavor, heat the onion with the olive oil rather than adding it when the oil is already hot, which will merely fry it.

Controlled delivery?
Hour after hour support?
Stomach acid protection?
Once daily?

THERE'S A NAME FOR A PROBIOTIC THAT HAS ALL THAT.

When it comes to digestive and intestinal health, PROBIOTIC CD™ really has it all.

It features an advanced technology called **BIO-*tract*®** that releases probiotics into your intestinal tract continually throughout the day. And, because Probiotic CD™ delivers controlled delivery hour after hour... once a day is all you need. With 12 billion bioactive microorganisms^ from 10 beneficial cultures, Probiotic CD™ helps you keep your digestive, intestinal and immune health in balance.* When it comes to having it all... one name says it all: Probiotic CD™.*

Available at health, natural food and vitamin specialty stores. theVitaminShoppe

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

BIO-*tract*® is a registered trademark of Nutraceutix, Inc. U.S. Patent Nos. 6,627,220, 7,150,623 & 8,007,777

^At Time of Manufacture.

©2014 American Health, Inc. 14-AH-1102

AMERICAN HEALTH®
good health made simple™
www.AmericanHealthUS.com

FUSILLI WITH YELLOW SQUASH & GRAPE TOMATOES

ACTIVE: 25 MIN **TOTAL:** 25 MIN

Corkscrew-shaped pasta tossed with silky sautéed summer squash and ripe red tomatoes is a feast for the eyes as well as the palate.

- 3 tablespoons extra-virgin olive oil
- 1 medium sweet yellow onion, halved and thinly sliced
- 1 pound yellow summer squash
- 1 tablespoon chopped fresh thyme
- ½ teaspoon salt plus 1 tablespoon, divided
- ¼ teaspoon ground pepper
- 2 cups grape tomatoes (about 6 ounces), halved lengthwise
- 12 ounces fusilli or other corkscrew-shaped pasta

1. Put 2 quarts of water on to boil in a large pot.

2. Heat oil in a large skillet over medium-high heat. Add onion and cook, stirring frequently, until lightly brown, 4 to 8 minutes.

3. Meanwhile, if the yellow squash has a "crookneck," cut off the neck, halve it lengthwise and cut into ¼-inch slices; quarter the wider part lengthwise and cut into ¼-inch slices. If the squash is shaped like a zucchini, quarter it lengthwise and cut into ¼-inch slices.

4. When the onion is lightly brown, add the squash, thyme, ½ teaspoon salt and pepper. Cook over medium-high heat, stirring frequently, until the squash releases most of its liquid and begins to brown, 7 to 10 minutes. Add tomatoes and cook, stirring occasionally, until they begin to break down, 4 to 6 minutes more.

5. Meanwhile, add the remaining 1 tablespoon salt to the boiling water, stir in pasta and cook according to package instructions until just tender. Drain well and toss with the sauce. Serve at once.

SERVES 6 ABOUT 1⅓ CUPS EACH

Calories 311, **Fat** 9g (sat 1g), **Cholesterol** 0mg, **Carbs** 49g, **Total sugars** 5g (added 0g), **Protein** 10g, **Fiber** 4g, **Sodium** 339mg, **Potassium** 407mg.

~ GIULIANO'S WAY ~

The squash in this dish is way more intense than usual. The method for getting this concentrated flavor is to sauté the squash until it's very tender and most of its moisture has evaporated.

STYLING: JOANN WITHEREL; FOOD: KAREN OHNSON PROPS:

Our products are sweet.

Knowing how they're grown makes us sweeter.

When you sweeten with Florida Crystals®, you know it's something good.

FLORIDA CRYSTALS®

We grow.
We harvest.
We conserve.
We sustain.
You enjoy.

Learn about our sustainability and conservation efforts that start at our farm and continue in your kitchen. We're more than Sweet, and together, we do good

Earth Friendly, Uniquely Delicious.

floridacrystals.com

©2014 Domino Foods, Inc.

Giulia in

Puglia

From fava, artichokes, eggplant and broccoli rabe to some of the best seafood and olive oil in the country, the heel of the boot is Italy's breadbasket. You don't want to miss a taste of this region.

By Jane Black

~

PHOTOGRAPHY BY MARCO DI LAURO
FOOD PHOTOGRAPHY BY PENNY DE LOS SANTOS

In this long and narrow region of Italy, in the span of a single day you can be in the rolling hills of the Valle d'Itria, gazing at fields of vegetables studded with ancient olive trees, in the woods, and then at the Adriatic, enjoying seafood and beaches.

"What do you do with these?" I asked, pointing to a bunch of what looked like the prettiest wild asparagus I had ever seen. The stems were a vivid cherry color and the delicate purple stalks were laced with feathery green leaves.

"Ah, *cicoria rossa*," the market vendor answered—red chicory. He was a stout man with a buzz of silver hair and lively blue eyes, and he seemed pleased that this bunch of Americans were genuinely interested in the local cuisine. Here in the hill town of Martina Franca in Puglia, he explained, the locals boil chicory and serve it with young fava beans. But in his village, they chop it, boil it and toss it with pasta. "They would never do that here," he said, wagging a thick finger at us.

His village was six miles away.

And so it is in Puglia, the heel of Italy's boot, where the food and the culinary traditions put to shame Americans' notion of what counts as local. While we pat ourselves on the back for even knowing what's in season, Puglians almost exclusively use ingredients grown no more than a few miles from home, whether it's the hard durum wheat for their pasta or tomatoes, eggplant, figs or olives. They prepare things the same way their mothers and grandmothers did, which may be quite different from the way someone else's *nonna* did. And you only find the valley's signature dish, orecchiette with broccoli rabe, six months a year, when *local* broccoli rabe is in season.

But everything seems to grow here: grapes for wine, artichokes and almonds, cherries and tomatoes, and cabbage and broccoli, which in the fall sprout in stony fields beneath the olive trees. The region's hundreds of miles of coast bring locals sardines, snapper, mussels and anchovies.

Like many Americans, my first experience in Italy was in Tuscany. I studied at the University of Florence, found the requisite Italian boyfriend, and dined on *bistecca alla fiorentina* and Chianti. Then, 10 years ago, I made my first trip to Puglia, and I'd wanted to go back ever since. There was something wild—something *real*—that was missing in Italy's other stopped-in-time, touristy destinations. Unmortared stone walls march unevenly across the fields, like drunken soldiers lackadaisically guarding their *trulli*, the mystical round houses topped with conical stone roofs. The locals seem genuinely happy to meet and help you, once, hopelessly lost while driving, I asked a professorial man for directions. Rather than try to explain, he hopped on his bike and led me to the gates of the city.

Puglia has since been "discovered" by chefs and tourists. But I was pleased, when I finally returned this year with a friend, to find it as unspoiled as I remembered. The olive trees, set in walled orchards, had hulking, gnarled trunks and halos of silver shimmering leaves. There was a breakfast of frittata with zucchini and mint, rustic bread and homemade fig preserves served in the dappled shade of a grape arbor. A lunch of grilled sardines, roasted potatoes and bitter greens overlooking the sea. Life went on as it always has: In front of the houses, people set out wooden boards in the sun to dry herbs, figs and tomatoes. And it wasn't unusual to see an elderly man or woman scrambling down a hillside to gather wild chicory.

The fantasy-fulfilling food bursting from this lush setting had me itching to get into the kitchen, so I asked chef and instructor Domenico Maggi to give me Pugliese cooking lessons at his family's home.

In his outdoor kitchen, Mino, as everyone calls him, showed me how he makes pasta dough by mixing locally milled whole-grain flour with a handful of semolina and water. After rolling out small pieces of the dough into long snakes with his hands, he snips off pieces and forms orecchiette ("little ear" shapes) over his thumb. The whole-grain pasta stands up to the strong flavors of the anchovies, garlic and the bitter broccoli rabe that are its classic pairing. It's also what his mother used. "White flour was special; it was the kind of thing you gave to the doctor or the priest as a gift," he remembers. "I've always liked whole grains. But I have become more and more convinced over time that they are part of the real Mediterranean diet."

The Alberobello skyline is dotted with the conical roofs of the traditional Pugilan *trulli*.

THE ITALIAN Puglia ISSUE

FAVA BEAN PUREE WITH CHICORY

ACTIVE: 20 MIN. **TOTAL:** 1 HR 25 MIN.

This dish exemplifies the simplicity of the region's cuisine. Wild or cultivated chicory is often served raw or cooked, as it is here, with a simple puree of fava beans seasoned solely with olive oil and salt. If you have a special olive oil in your pantry, this is the time to pull it out.

- 8 ounces skinless dried fava beans (about 1½ cups; see *Tip, page 104*)
- 1 small red potato, peeled and sliced
- 1 tablespoon extra-virgin olive oil, plus more for serving
- ½ teaspoon salt plus 2 teaspoons, divided
- 2 pounds chicory or curly endive (from 2 bunches), trimmed

1. Place beans and potato in a medium saucepan; add water to cover by ½ inch. Bring to a boil over high heat, skimming off any foam that rises to the surface. Reduce heat to maintain a gentle simmer, cover and cook, stirring occasionally, until the mixture is a thick soupy consistency, about 1 hour.

2. Transfer the bean mixture to a blender. Add 1 tablespoon oil and ½ teaspoon salt; puree until smooth. Transfer to a platter (or bowl).

3. Put a large pot of water on to boil.

4. Wash chicory (or endive) in a large bowl of water to remove any grit. Stir the remaining 2 teaspoons salt into the boiling water, then add the greens and cook, stirring occasionally, until tender, 7 to 8 minutes. Drain in a colander, pressing to remove excess water.

5. Serve the greens with the fava bean puree drizzled with a little olive oil, if desired.

SERVES 6: ABOUT ⅓ CUP GREENS & ⅓ CUP PUREE EACH

Calories 203, **Fat** 3g (sat 1g), **Cholesterol** 0mg, **Carbs** 33g, **Total sugars** 3g (added 0g), **Protein** 13g, **Fiber** 16g, **Sodium** 407mg, **Potassium** 1105mg

STUFFED FRIED SARDINES

ACTIVE: 50 min. **TOTAL:** 50 min.

When you dine in one of the towns peppered along Puglia's nearly 500 miles of coastline, expect to see fish served in simple preparations like these fried stuffed sardines.

- ¼ cup part-skim ricotta cheese
- ¼ cup finely shredded Pecorino Romano cheese
- ¼ cup fresh breadcrumbs
- ¼ cup chopped fresh parsley
- 3 large eggs, divided
- Zest of 1 lemon, plus lemon wedges for serving
- ½ teaspoon salt, divided
- ½ teaspoon ground pepper, divided
- 12 medium fresh sardines, gutted, head and tail left on
- ⅓ cup all-purpose flour
- 2 cups panko breadcrumbs
- 1½ cups extra-virgin olive oil

1. Combine ricotta, Romano, fresh breadcrumbs, parsley, 1 egg, lemon zest and ¼ teaspoon each salt and pepper in a medium bowl.

2. Rinse sardines and pat dry. Season the insides with the remaining ¼ teaspoon each salt and pepper. Stuff each sardine with about 2 teaspoons of the cheese mixture.

3. Place flour in one shallow dish, the remaining 2 eggs (lightly beaten) in a second shallow dish and panko in a third dish. Dip the sardines in the flour, then the egg, then the panko.

4. Heat oil in a large cast-iron skillet over medium-high heat until shimmering but not smoking. Fry the sardines, in batches, until golden brown, 2 to 4 minutes per side, reducing the heat as needed. Serve immediately, with lemon wedges.

SERVES 6 | 2 STUFFED SARDINES EACH

Calories 420, **Fat** 26g (sat 5g), **Cholesterol** 140mg, **Carbs** 19g, **Total sugars** 1g (added 0g), **Protein** 26g, **Fiber** 1g, **Sodium** 423mg, **Potassium** 366mg

BONUS RECIPE FOR PUGLIAN-STYLE PAELLA at eatingwell.com/webextra

Mino grew up in the rolling hills of the southwestern part of the region during the 1950s and '60s, a time when many Puglians were still fleeing the region's poverty for America. The family didn't get electricity until he was 7, and even after that, his mother continued to cook everything in a wood-fired oven. The family's meals were simple. They ate fava beans and chicory, baked eggplant and zucchini, and everything was cooked with plenty of extra-virgin olive oil. At every meal, there was a bowl of raw vegetables on the table to provide vitamins and to aid digestion. The tradition continues today, both at home and in restaurants, where an elegant bowl of whatever is seasonal—shaved radishes or fennel or sweet carrots—is served with the antipasti or, just as often, over ice before dessert.

A few days after my Puglian cooking lessons, my friend and I took the winding road from Martina Franca along the Adriatic coast to Monopoli, a fishing port with a gracious and hidden historical center. We waited with friends for nearly an hour for a table at Osteria Perricci, where there is no menu because the kitchen only serves whatever looks best that day. For us, that included grilled shrimp, mackerel marinated in vinegar and mint, cold salads of tender octopus and squid, pasta with mussels, whole roasted sea bass and, of course, a plate of fresh vegetables.

"How was everything?" the *signora* asked us as we finished our meal with a much-needed bay leaf *digestivo*.

We answered in a chorus: *Buonissimo!* Amazing! *Fantastico!*

"Just as it has always been," added one of our friends, who has been eating at Osteria Perricci for 20 years.

"Good," the *signora* said. "Just as it should be."

JANE BLACK *is a food writer who lives in New York.*

The Mediterranean diet has long been considered the one and a recent study in the *New England Journal of Medicine* adds even more evidence. Puglians eat a truly Mediterranean diet. Legumes, such as fava beans and chickpeas, and vegetables are the stars. Olive oil is a staple. Seafood is served right along the coast (Mola di Bari, *shown here*), and meat is a rare treat.

BAKED VEGETABLE SOUP

ACTIVE: 40 MIN **TOTAL:** 1 HR 40 MIN

Originally prepared in the wood-burning hearths of Puglian homes, this peasant-style soup is simple to make in a modern oven. Like the region it's from, the dish is brimming with artichokes, mushrooms and other fresh vegetables.

- 5 tablespoons extra-virgin olive oil
- 1 pound Yukon Gold potatoes, halved and sliced ¼ inch thick
- 1½ teaspoons salt, divided
- 2 medium zucchini, halved and sliced ½ inch thick
- 2 medium leeks, white and light green parts only, thinly sliced *(see Tip, page 104)*
- 4 medium stalks celery, thinly sliced
- 10 ounces cremini (baby bella) mushrooms, quartered
- 4 cups frozen artichoke hearts (two 9-ounce boxes), thawed, *or* 10 fresh artichoke hearts, quartered
- ¼ cup chopped fresh parsley, plus more for garnish
- 1 15-ounce can no-salt-added diced tomatoes, with their juice
- 1 2-inch piece Parmesan cheese rind, plus finely shredded Parmesan for garnish
- 6 cups water
- ½ teaspoon ground pepper

1. Preheat oven to 350°F

2. Pour oil into a large ovenproof pot (about 6-quart) and arrange potato slices in an even layer over the oil. Sprinkle with ¾ teaspoon salt. Layer in zucchini, leeks, celery, mushrooms, artichoke hearts and ¼ cup parsley; sprinkle with the remaining ¾ teaspoon salt. Pour tomatoes over the vegetables and nestle Parmesan rind into them. Add water (the vegetables will not be completely submerged), cover and bring to a boil over high heat.

3. Once boiling, transfer the pot to the oven and bake, covered, until the vegetables are tender, but still firm, 1 to 1¼ hours. Season with pepper and serve garnished with parsley and Parmesan, if desired

SERVES 8: ABOUT 1¾ CUPS EACH

Calories 203, **Fat** 10g (sat 1g), **Cholesterol** 1mg, **Carbs** 25g, **Total sugars** 6g (added 0g), **Protein** 5g, **Fiber** 6g, **Sodium** 529mg, **Potassium** 815mg.

WHERE TO STAY

Over the last decade, Italians and ex-pats have renovated hundreds of *trulli*, the classic conical-roofed houses of Puglia. In summer, they are the perfect place to stay because the thick limestone walls keep the interiors cool. **Rustic Puglia** (*rusticpuglia.com*) is a renovated two-bedroom apartment with a kitchen, pool and a vegetable garden for guests to cook from. Rates start at $1,670 a week. For larger groups, **Gelso Bianco** (*villapulia.com/gelso-bianco*) sleeps up to 8 people in a series of *trulli* set around a pool with views of the Valle d'Itria. The property also has its own teaching kitchen for cooking lessons. Rates begin at $3,000 a week. Off-season, one of the old farmhouses—or *masserie*—is a warmer choice. **Masseria Fumarola** (*masseriafumarola.it*), outside of Martina Franca, offers rooms for $110 and up per night.

WHERE TO EAT

Inside Martina Franca's Ducal Palace, **Trattoria La Tana** offers a taste of Puglia's celebrated vegetables, legumes and cured meats. Its antipasti courses are generous; order one per two people so that you have room for some of the house-made orecchiette (Via Pietro Mascagni 2, Martina Franca, *ristorantelatana.it*). For more sophisticated fare, try **uCurdunn** in Locorotondo. Each antipasto plate offers two expressions of a seasonal vegetable, such as an eggplant parmesan and eggplant stuffed with prosciutto and cheese (Via Dura 17, Locorotondo, *ristoranteucurdunn.it*). For seafood, head to Monopoli. At **Osteria Perricci**, there's a set menu, including antipasti, pasta, grilled and fried seafood, and fresh fruit (Via Orazio Comes 1, Monopoli).

WHAT TO DO

Americans Catherine and Brian Faris are enthusiastic experts about all things culinary in Puglia. Their **Pascarosa** culinary tour is a full day and includes snacks, multicourse lunch, wine and an afternoon *aperitivo* for $150 per person. An abbreviated four-hour tour, with lunch, is $100 per person (*pascarosa.com*). Travel company **Southern Visions** offers bike tours that include culinary classes and visits with cheesemakers, winemakers and olive growers (*southernvisionstravel.com*).

ORECCHIETTE WITH BROCCOLI RABE

ACTIVE: 30 MIN **TOTAL:** 30 MIN

In this iconic pasta dish of Puglia, anchovies are mashed into olive oil to add amazing depth to the garlicky sauce. Assertive broccoli rabe has the featured role, though, so even anchovy avoiders needn't be afraid.

- 2 teaspoons salt
- 12 ounces orecchiette pasta (about 3½ cups)
- 2 pounds broccoli rabe (about 2 bunches)
- ¼ cup extra-virgin olive oil
- 3 cloves garlic, chopped
- ½ teaspoon crushed red pepper
- 8 anchovy fillets, chopped
- 1 pint cherry tomatoes, halved
- Freshly grated Parmesan cheese (optional)

1. Bring 2 quarts of water to a boil in a large pot. Stir in salt, add pasta and cook according to package instructions until just tender. Drain, reserving ½ cup of the water.

2. Meanwhile, thoroughly wash broccoli rabe and trim off tough ends. Chop into 2-inch lengths. Leave some of the water clinging to the leaves and stems, this will help create a sauce.

3. Heat oil in a large skillet over medium heat until it starts to shimmer. Add garlic, crushed red pepper and anchovies, mashing the fillets until they dissolve. Add the broccoli rabe (you may have to do this in batches, stirring each batch a little until it wilts enough to add more). Cook, stirring, until almost tender, 6 to 10 minutes. Add tomatoes and toss until they begin to soften, about 2 minutes. Add the pasta and toss to coat. If it's too dry, add a little of the reserved pasta water. Serve immediately, garnished with Parmesan if desired.

SERVES 6 1½ CUPS EACH

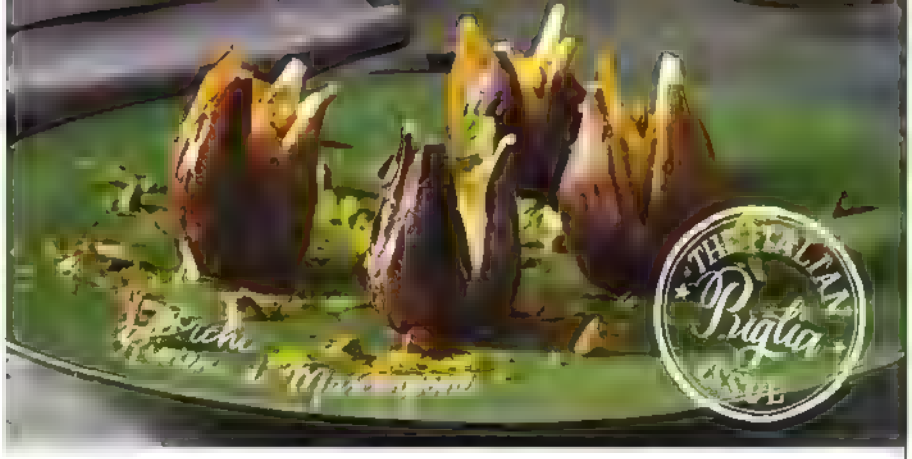
Calories 359 **Fat** 12g (sat 2g), **Cholesterol** 5mg, **Carbs** 50g, **Total sugars** 3g (added 0g), **Protein** 15g, **Fiber** 7g, **Sodium** 388mg, **Potassium** 484mg.

(continued on page 89)

12 veggie burgers.

All a good source of protein.
All ready to be grilled up, piled on and taken down.

See nutrition information for sodium content.



MASCARPONE-STUFFED FIGS

ACTIVE: 10 MIN **TOTAL:** 10 MIN

Fresh figs are a voluptuous treat. Here, a creamy, honey-scented mascarpone filling adds to the luxury and yet still lets the fruit be the star. Serve to top off a special meal.

- 12 fresh figs
- ¼ cup mascarpone cheese
- 3 teaspoons honey, divided
- 1 teaspoon vanilla extract
- 2 tablespoons chopped almonds, toasted
- 1 teaspoon fresh mint, chopped
- ½ teaspoon orange zest

1. Trim about ½ inch off the top of each fig. If needed, cut a thin slice off the bottom so they stand up straight. Cut an X into the tops about ¾ inch deep. Gently open each fig from the top without breaking it open all the way.
2. Combine mascarpone, 2 teaspoons honey and vanilla in a small bowl. Spoon about 1 teaspoon of the mixture into each fig. Drizzle with the remaining 1 teaspoon honey and sprinkle with almonds, mint and orange zest.

SERVES 4: 3 FIGS EACH
Calories 219, **Fat** 15g (sat 7g), **Cholesterol** 35mg, **Carbs** 22g, **Total sugars** 18g (added 4g), **Protein** 3g, **Fiber** 3g, **Sodium** 16mg, **Potassium** 225mg.

STUFFED EGGPLANT

ACTIVE: 35 MIN **TOTAL:** 1 HR

Heat-loving eggplant thrives in Puglia's hot summer and fall months. Serve these stuffed eggplants as a light dinner along with a big salad. (Photograph, page 3.)

- 2 small eggplants (12 ounces each)
- 2 tablespoons extra-virgin olive oil plus ¼ cup, divided
- 2 cloves garlic, chopped
- ¼ teaspoon salt
- ½ teaspoon ground pepper, divided
- ½ cup finely grated Parmesan cheese, divided
- 1¼ cups fresh breadcrumbs
- 1 large egg, lightly beaten
- ⅓ cup chopped fresh parsley
- 1 teaspoon capers, rinsed
- 1¼ cups no-salt-added tomato sauce, divided
- 4 large basil leaves

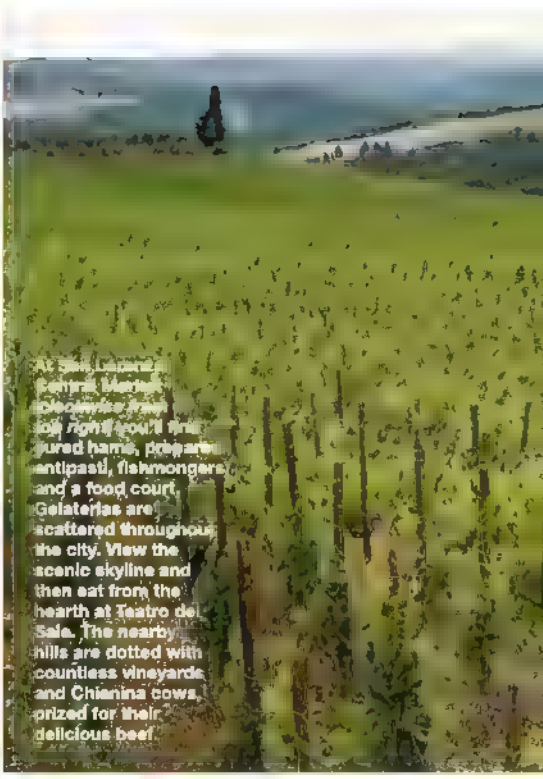
1. Preheat oven to 375°F.
2. Halve eggplants lengthwise. Trim a little off the undersides so they lie flat. Cut around the inside edge with a paring knife to separate the flesh from the skin. Scoop out the flesh and roughly chop. Set the shells aside.
3. Heat 2 tablespoons oil in a medium saucepan over medium heat. Add the chopped eggplant and cook, stirring frequently, until starting to soften, 2 to 3 minutes. Add garlic and cook, stirring frequently, until soft, 3 to 5 minutes. Transfer to a bowl, season with salt and ¼ teaspoon pepper and set aside to cool.
4. Heat the remaining ¼ cup oil in a large skillet over medium heat until shimmering but not smoking. Season the eggplant shells with the remaining ¼ teaspoon pepper and 2 tablespoons Parmesan. Cook in the hot oil (in batches, if necessary), turning once, until golden brown and soft, 5 to 8 minutes. (Use caution: they will bubble and spit a little when you turn them over.) Drain on paper towels.
5. Dunk breadcrumbs in a bowl of water and squeeze them out. Transfer to the bowl with the eggplant filling. Add ¼ cup Parmesan, egg, parsley and capers. Use a spoon or your hands to thoroughly mix. Fill the eggplant shells with the stuffing and use a spoon to smooth the tops.
6. Spoon 1 cup tomato sauce into an ovenproof dish big enough to fit the eggplant in one layer. Transfer the stuffed eggplant to the dish. Spoon 1 tablespoon of the remaining sauce over each and top with a basil leaf. Sprinkle with the remaining 2 tablespoons Parmesan.
7. Bake until an instant-read thermometer inserted into the filling registers 160°F, about 25 minutes.

SERVES 4: ½ EGGPLANT EACH
Calories 329, **Fat** 21g (sat 5g), **Cholesterol** 55mg, **Carbs** 27g, **Total sugars** 10g (added 1g), **Protein** 10g, **Fiber** 7g, **Sodium** 443mg, **Potassium** 737mg.

STYLING: SUSAN SPUNGEN. FOOD: GRACE KNOTT. PROPS:

MorningStar Farms
A dozen different veggie burgers you can throw on the grill.

See them all at MorningStarFarms.com



At Dario Cecchini Panzano Macelleria Falorni (left) you'll find cured hams, prepared antipasti, fishmongers and a food court. Gelaterias are scattered throughout the city. View the scenic skyline and then eat from the hearth at Teatro del Sale. The nearby hills are dotted with countless vineyards and Chianina cows, prized for their delicious beef.

Faith's Florence

Thirty years ago author **Faith Willinger** *fell in love with the simple foods of this picturesque city and surrounding hills. Join her for an insider's gastro-tour of the place she now calls home.*

PHOTOGRAPHY BY
MARCO DI LAURO

~

FOOD PHOTOGRAPHY BY
ANDREW SCRIVANI

When I first came to Italy I met a Florentine man. He brought me a juice bottle full of bright-green liquid. I asked him what it was. He told me it was extra-virgin olive oil. It was the '70s and my concept of Italian food was spaghetti and meatballs. He poured his oil abundantly over a slice of toasted bread. My mind and palate were blown.

I decided to stick around to learn about extra-virgin and all the other foods I was encountering—Parmigiano (not Parmesan), mozzarella, ricotta, cured meats and wines I had never heard of. I traveled, tasted, cooked and dined with my Florentine and began to write about what I found. Eventually I married him and have lived in the historical center of the city ever since.

Now that I've spent most of my life here, my American friends come to me for advice about Florentine food. They want to know where to go and what to eat and here's what I tell them.

TOUR THE FOOD MARKETS

The best way to understand Florentine cooking is to visit one of the city's two great markets. The biggest and best is the **San Lorenzo Central Market**. On the main level you'll find produce, meat, fish, bread, groceries and many other prepared-food stalls. I particularly love **Nerbone**, where they have boiled-beef sandwiches, delicious tripe, shot glasses of simple red wine and a few small marble tables across from the always-crowded counter. Upstairs there's an entire floor that's like a "best of Italy and Tuscany" food court. Here you'll find stands selling seafood, meat such as wild boar and gorgeous produce including Riccio Florentine tomatoes in the summer and just-foraged porcini mushrooms in the fall. Plus there are stations where you can have your purchases grilled or fried. Take your food to go, eat in the table-filled aisles or go up another half-flight of stairs for table service.

Also visit the excellent **Sant'Ambrogio Market**, where just outside you'll find **Da Rocco**, a tiny, inexpensive *tavola calda* (literally "hot table") for takeout or cozy dining at a few tables.

DINE OUT

The food in Florentine restaurants is uncomplicated. Look for hearty soups, less pasta than in other regions, grilled and roast meats and lots

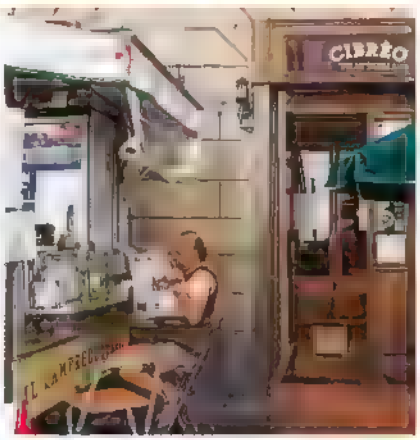
of legumes. Desserts are mostly unimportant. Don't expect fancy sauces—extra-virgin olive oil is the condiment of choice. But only the finest will do, pressed in the most recent November, with the year on the label, like wine. Its zesty, peppery flavors are needed to liven up Tuscan cooking. As for wine, Tuscans drink primarily red—look for Chianti Classico, Carmignano and Brunello.

Next to the Sant'Ambrogio Market you'll find **Cibrèo**, a series of eateries created by chef-owner-genius Fabio Picchi. Try his restaurant (expensive), trattoria (moderate), bar (low moderate) and **Teatro del Sale** (bargain), a delightful private club with an open kitchen and a buffet table of room-temperature dishes, such as wood-fire-roasted potatoes and tomatoes and a fabulous farro salad. Nonresidents can join the club for a low fee. Seating is communal, with fixed prices (including wine) for all meals. In the evening, the seating is rearranged for concerts or other spectacles.

13 Gobbi on Via del Porcellana is a classic trattoria, perfect for sampling chicken-liver crostini, fennel salami (*finocchiona*), super-sweet prosciutto, dishes like *ribollita* (a porridge-like vegetable soup) or one of the best grilled Florentine steaks in the city.

SAMPLE GELATO

For a sweet treat, stop at **Carapina** on Via Lambertesca for some of the city's best gelato including new-wave flavors like Parmigiano cheese or gin and tonic. Or drop in to the Sicilian gelateria **Carabè** on Via Ricasoli. If



Enjoy simple Florentine foods at chef Fabio Picchi's Cibrèo bar (*top*) and trattoria (*above*).

WINE LIST // *Florence*

2012 Fontaleoni Vernaccia di San Gimignano DOCG $11
Tuscany's only white wine to receive the highest classification, DOCG (Denominazione di Origine Controllata e Garantita), this dry and golden wine has vibrant acidity—ideal for pairing with the region's tomato-based dishes.

2011 Fattoria Rodano Poggialupi IGT $13
Made from 90% sangiovese and 10% cabernet sauvignon/merlot, this small-production red wine bursts with red-berry flavors, making it an easy-drinking crowd pleaser.

2010 Castello di Bossi Chianti Classico DOCG $16
Deep ruby-red in color with flavors of toasted vanilla and ripe cherries, this classic Florentine Chianti is an ideal match for grilled meat.

ALMOND COOKIES

ACTIVE: 20 MIN **TOTAL:** 1 HR 35 MIN
TO MAKE AHEAD: Store at room temperature between layers of parchment paper for up to 4 days.

The Italian name of these cookies, Brutti Buoni (roughly translated as "ugly but good"), refers to their homely, irregularly dropped appearance. Of course, they're delicious, and there's always room for one more cookie at the end of a meal. Enjoy for dessert with a glass of Vin Santo.

- 2 cups whole almonds
- ½ cup pine nuts
- ¾ cup sugar
- 3 large egg whites, lightly beaten
- ½ cup whole-wheat pastry flour *or* all-purpose flour
- ⅛ teaspoon salt

1. Preheat oven to 350°F. Line 2 large baking sheets with parchment paper.
2. Place almonds and pine nuts in a small baking pan and bake until fragrant, about 8 minutes. Let cool for about 5 minutes, then transfer to a food processor. Add sugar and process until the mixture resembles coarse cornmeal. Transfer to a bowl and add egg whites, flour and salt. Stir until well combined.
3. With damp hands, roll the dough into balls about the size of a walnut (about 1 tablespoon) and place on the prepared baking sheet at least 1 inch apart. Press the top of each ball to flatten slightly, then pinch one side of the cookie so it has a cone-like shape.
4. Bake one baking sheet at a time until the cookies are barely colored on the bottom, 12 to 14 minutes. The centers will still be moist. Transfer to a wire rack to cool completely.

MAKES: 30 COOKIES (1 COOKIE EACH)
Calories 99, **Fat** 6g (sat 0g), **Cholesterol** 0mg, **Carbs** 9g, **Total sugars** 6g (added 5g), **Protein** 3g, **Fiber** 1g, **Sodium** 15mg, **Potassium** 86mg

BREAD & TOMATO SOUP

ACTIVE: 20 MIN **TOTAL:** 40 MIN

This recipe is a blend of two Tuscan classics, pappa al pomodoro (a hearty bread-thickened tomato soup) and acquacotta (which translates as "cooked water," and is a soup made with tomatoes, greens and a poached egg, served over bread). It's the perfect light supper for those first cool evenings of fall.

- 2 cloves garlic, chopped, plus 1 clove, halved
- ¼ teaspoon crushed red pepper, or to taste
- 3 tablespoons extra-virgin olive oil, divided
- 1½ cups canned plum tomatoes, drained and chopped
- 3 cups water
- 1 2-by-3-inch piece Parmesan cheese rind, plus 2 tablespoons freshly grated Parmesan, divided
- ¼ teaspoon salt
- ½ cup cooked spinach or chard, coarsely chopped
- 2 large slices (1-inch-thick) country-style bread, toasted
- 4 large eggs

1. Put chopped garlic and crushed red pepper in a 3- to 4-quart pot. Drizzle with 1 tablespoon oil and stir to coat. Cook over medium heat until the garlic barely begins to brown, about 2 minutes. Add tomatoes, water, cheese rind and salt; bring to a simmer and cook for 15 minutes. Discard the rind. Stir in spinach (or chard).

2. Meanwhile, cut each slice of toasted bread in half and rub with the cut sides of the remaining garlic clove. Divide bread among 4 shallow soup bowls.

3. Crack each egg into its own small bowl, taking care not to break the yolks. Slip the eggs into the simmering broth and cook for 3 to 5 minutes for medium-set yolks, spooning a little broth over the top from time to time if the eggs are not completely submerged. Using a slotted spoon, transfer an egg to each piece of toast. Spoon broth over the eggs, sprinkle with grated cheese and drizzle with the remaining 2 tablespoons oil. Serve at once.

SERVES 4: ABOUT ⅓ CUP BROTH, 1 EGG & ½ SLICE BREAD EACH

Calories 316, **Fat** 16g (sat 4g), **Cholesterol** 188mg, **Carbs** 28g, **Total sugars** 2g (added 0g), **Protein** 12g, **Fiber** 3g, **Sodium** 516mg, **Potassium** 359mg.

DARIO'S FLORENTINE STEAK

ACTIVE: 15 MIN **TOTAL:** 1 HR 20 MIN

While the cooking method is unconventional, celebrity Florentine butcher Dario Cecchini guarantees it yields truly juicy results. It's important to get a T-bone that's 1½ inches thick or it won't stand on its end on the grill, as instructed. Your butcher should be able to cut one for you to order.

- 2 T-bone steaks (2½-3 pounds total), about 1½ inches thick
- 2 teaspoons extra-virgin olive oil
- ¾ teaspoon flaky sea salt
- ½ teaspoon ground pepper

1. Remove steaks from the refrigerator about 1 hour before you're ready to grill.

2. Preheat grill to medium-high.

3. Cook the steaks for 4 minutes on each side, then balance each steak on end and cook for about 5 minutes more for medium-rare, 6 to 8 minutes for medium. Transfer to a cutting board and let rest for 5 minutes.

4. To serve, cut the steak off the bones and cut it into cubes. Serve drizzled with oil and seasoned with salt and pepper.

SERVES 4: 4 OZ. STEAK EACH

Calories 437 **Fat** 29g (sat 11g) **Cholesterol** 101mg, **Carbs** 0g, **Total sugars** 0g (added 0g), **Protein** 41g, **Fiber** 0g, **Sodium** 443mg, **Potassium** 511mg

(continued on page 96)

Drive through the hills outside the city and you'll get a sense for the local love of beef and wine. The classic Florentine T-bone (best from the prized Chianina cow) is cooked in the simplest manner with little seasoning, over an oak fire, and served with a drizzle of olive oil and a glass of wine from a regional winery, such as Fontodi (*below*). No car? Take the SITA bus from via Santa Caterina da Siena 17, near the Florence train station.

it's early in the day enjoy the Sicilian breakfast of champions—coffee *granita* topped with whipped cream, served with a brioche bun.

VISIT THE COUNTRYSIDE

Take a drive south to **Panzano** in Chianti to visit Dario Cecchini, superstar butcher, known for his exuberance and use of the whole animal. Meat-lovers mingle at his shop, where samples of salumi and crostini spread with Chianti "butter," a cream of pork fat and herbs, and a glass of red wine are offered to everyone. Dine in one of Dario's restaurants: **Solociccia** ("only meat" in Tuscan slang), which serves dishes like Carne in Galera (prison-style braised beef); **Officina della Bistecca**, specializing in Tuscan cuts of steak; or **Dario Doc**, serving his version of the perfect burger—no bun (unless you insist). I've seen vegetarians lapse, but there's a special menu for those who don't. All meals include the house red. This is, after all, the heart of the Chianti Classico wine-growing area. Do-it-yourselfers should sign up for the morning butchering class followed by lunch.

The organic winery **Fontodi**, not far from the butcher shop, makes first-rate wines and extra-virgin olive oil. Dario and Fontodi's owner Giovanni Manetti have organized transportation for those interested in a wine tasting.

FAITH WILLINGER *writes about Italian food, cooking and travel from her home in Florence, Italy.*

GAME CHANGER

LIFE CHANGER

RAINBOW LIGHT
Women's One
Food-Based Multivitamin
Promotes bone, breast, heart & skin health*
Provides energy & stress support*
Easy to digest with probiotics & enzymes*
Tablets · Dietary Supplement

RAINBOW LIGHT

Rainbow Light, the #1 most trusted natural vitamin brand*, is on a mission to build a stronger state of health for people and the planet. Each formulation is research-backed with a blend of superfoods, plant enzymes and probiotics to deliver the ultimate in health and energy for game changers like Gina—because she's on a mission too.

Learn how Gina and Rainbow Light are changing lives. Visit rainbowlight.com/gamechanger

For a low-key evening, enjoy a glass or two of Tuscany's fabulous red wines at the well-stocked *enoteca* (wine shop) upstairs at the San Lorenzo market. Then grab a plate of bruschetta and few other light dishes at 13 Gobbi trattoria (*right*)

BONUS RECIPE: CASTAGNACCIO CHESTNUT BREAD at eatingwell.com/webextra

TUSCAN KALE & WHITE BEAN BRUSCHETTA

ACTIVE: 1 HR **TOTAL:** 1 HR

TO MAKE AHEAD: Prepare kale paste (Steps 1-3), cover with a thin layer of olive oil and refrigerate for up to 1 week.

Kale and white beans are a classic Tuscan combination. Here the dark blue-green leaves of lacinato kale are whirled into a gorgeous sauce that is tossed with cannellini beans and served on crostini. You'll love discovering new uses for the leftover kale paste: toss it with pasta, use it as a panini spread or stir some into a bowl of chicken soup.

- 1 pound Tuscan kale (lacinato or dinosaur) or curly kale
- 1 tablespoon coarse salt
- ¼ cup extra-virgin olive oil, plus more for drizzling
- 2 small cloves garlic, chopped
- ½ teaspoon fine sea salt
- 1 15-ounce can cannellini beans, rinsed, or 1½ cups cooked white beans
- 20 ½-inch slices baguette, toasted

1. Put a large pot of water on to boil.

2. Strip kale off the tough stems; discard the stems. Add the leaves and coarse salt to the boiling water. Cook, stirring frequently, until tender, 10 to 15 minutes. Drain in a colander and rinse with cold water. Drain well and squeeze to remove most but not all moisture.

3. Puree half the kale with ¼ cup oil, garlic and fine salt in a food processor to form a smooth, stiff paste. Coarsely chop the remaining kale and mix it with the kale paste in a bowl.

4. Combine ½ cup kale paste with white beans in another bowl. (Reserve the remaining kale paste for another use.) Top each piece of toasted baguette with a generous tablespoon of the kale-bean mixture. Serve drizzled with a little olive oil, if desired.

SERVES 10: 2 BRUSCHETTA EACH

Calories 110, **Fat** 4g (sat 0g), **Cholesterol** 0mg, **Carbs** 18g, **Total sugars** 0g (added 0g), **Protein** 6g, **Fiber** 4g, **Sodium** 252mg, **Potassium** 174mg

STYLING: MARTHA T. NIER-FOOD: SOO-JUNG KANG (PROPS: PAGE 90 FLORENCE SKYLINE: ©GABRIELE/DOLLAR PHOTO CLUB

The Gourmet Rice

Authentic Aged Aromatic Basmati Rice, A Gift From The Himalayas

Rice is

- Gluten Free
- A Cholesterol-Free Food

For this Baked Halibut with Olive Tapenade Pilaf and Citrus Butter recipe and more visit www.mahatmarice.com.

©2014 Rivana Foods Inc.

EatingWell READER Round TABLE

JOIN THE EATINGWELL READER ROUNDTABLE
and have your voice heard

REMARK
on relevant food and health trends

SAMPLE
new products and recipes

RECEIVE
exclusive invites and gifts

SHARE
your opinions with editors and fellow food enthusiasts

JOIN US AT THE *Table*

EatingWell.com/ReaderRoundtable

IMPORTANT PATIENT INFORMATION

AMITIZA® [ah-mah-TEE-zah]
(lubiprostone)
soft gelatin capsules

ub prostone

Rx Only

Please read this consumer brief summary carefully before you start taking AMITIZA. Read it again each time you refill your prescription, in case there is any new information. This information does not take the place of talking to your healthcare professional about your medical condition or treatment. Ask your healthcare professional if you do not understand any of this information or if you want to learn more about AMITIZA.

What is AMITIZA?

AMITIZA is a prescription medicine formulated as a soft gelatin capsule and available in two dosages used to treat the following conditions.

- Chronic Idiopathic Constipation (orange capsules, 24 mcg, twice daily) in adults. Idiopathic means the cause of the constipation is unknown and not due to underlying illness or medication
- Constipation caused by opioids, a type of prescription pain medicine, in adults with chronic, non-cancer pain (orange capsules, 24 mcg, twice daily) The effectiveness of AMITIZA has not been established if you are taking a diphenylheptane opioid (e.g., methadone)
- Irritable Bowel Syndrome with Constipation in adult women (pink capsules, 8 mcg, twice daily)

It is not known if AMITIZA is safe and effective in children under 18 years of age

Who should not take AMITIZA?

Do not take AMITIZA if

- You know or suspect you have a bowel blockage. If you are unsure, your healthcare professional should check your condition before starting AMITIZA.
- You have severe diarrhea.
- You are pregnant or become pregnant, unless you have discussed this with your healthcare professional. Based on animal studies, AMITIZA may cause fetal harm. AMITIZA should only be used in pregnancy if the potential benefit justifies the potential risks to the fetus. If you are pregnant or become pregnant while being treated with AMITIZA, talk to your healthcare professional to evaluate the risks to the fetus. Tell your healthcare professional if you are breast-feeding, and monitor infants for diarrhea
- You are allergic to AMITIZA or any of its ingredients. See the end of this brief summary of important patient information for a complete list of ingredients

What should I tell my healthcare professional before and while taking AMITIZA?

Before you take AMITIZA, tell your healthcare professional if you:

- are pregnant or plan to become pregnant. AMITIZA has not been studied in pregnant women and should only be used during pregnancy if the potential benefits justify the potential risk to the fetus. If you are pregnant or become pregnant while being treated with AMITIZA, talk to your healthcare professional to evaluate the risks to the fetus
- are breastfeeding or planning to breastfeed. If breastfeeding while taking AMITIZA, you should monitor the breastfed infant for diarrhea.
- have liver problems
- cannot swallow a capsule

Tell your healthcare professional about all the medicines you take or plan to take, including prescription and nonprescription medicines, vitamins and herbal supplements. AMITIZA may affect how other medicines work, and other medicines may affect how AMITIZA works. Especially tell your doctor if you are taking a diphenylheptane opioid (e.g., methadone)

How should I take AMITIZA?

AMITIZA is to be taken twice a day or as prescribed by your healthcare professional with food and water. Swallow the gelatin capsule whole. Capsules should not be broken apart or chewed

If you miss a dose of AMITIZA, just skip that dose. Do not take two capsules to make up for the missed dose. Instead, just wait until the next time you are supposed to take it, and then take your normal dose.

What are the possible side effects of AMITIZA?

The most common side effects reported by patients taking AMITIZA 24 mcg twice daily included:

Chronic Idiopathic Constipation

- nausea
- diarrhea
- headache
- abdominal pain
- abdominal distention (bloating)
- gas

Opioid-Induced Constipation

- nausea
- diarrhea

The most common side effects reported by patients taking AMITIZA 8 mcg twice daily included:

Irritable Bowel Syndrome with Constipation

- nausea
- diarrhea
- abdominal pain

Patients taking AMITIZA may experience nausea, taking AMITIZA with food and water may reduce symptoms of nausea. If nausea becomes severe, consult your healthcare professional. If you experience severe diarrhea, stop taking AMITIZA and tell your healthcare professional. Within an hour of taking AMITIZA, a sensation of chest tightness and shortness of breath may occur; these symptoms usually go away within three hours, but may recur with repeated use. Tell your healthcare professional if you experience any of these symptoms

These are not all the possible side effects of AMITIZA. Tell your doctor if you have any side effects that bother you or that do not go away. For more information, ask your healthcare professional or pharmacist. Call your healthcare professional for medical advice about side effects. You may report side effects to the U.S. Food and Drug Administration (FDA) at 1-800-FDA-1088

How should I store AMITIZA?

Store AMITIZA at room temperature between 59° to 86°F (15° to 30°C) and protect from light and extreme temperatures. AMITIZA should be stored in a tightly closed, child-proof container and kept out of the reach of children. Do not use AMITIZA past the expiration date shown on the package

General information about AMITIZA

Do not use AMITIZA for a disease or condition for which it was not prescribed. Do not give AMITIZA to others, even if they have the same symptoms you have. It may harm them

If you would like more information, talk with your healthcare professional. You can ask your pharmacist or healthcare professional for information that is written for healthcare professionals. For more information about AMITIZA, you can visit the AMITIZA website at www.amitiza.com or call toll-free at 1-877-825-3327

What are the ingredients in AMITIZA?

Active ingredient: lubiprostone, 24 mcg or 8 mcg

Inactive ingredients: medium-chain triglycerides, gelatin, sorbitol and purified water. The 24 mcg (orange) capsules also contain the dyes FD&C Red #40 and D&C Yellow #10. The 8 mcg (pink) capsules also contain the dyes ferric oxide and titanium dioxide

Marketed by:
Sucampo Pharma Americas, LLC., Bethesda, MD 20814
and
Takeda Pharmaceuticals America, Inc., Deerfield, IL 60015

AMITIZA® is a registered trademark of Sucampo AG

© 2013 Sucampo Pharma Americas, LLC

75205 CFBS Rev. April 2013 L-LUB-0413-7

Pocket Snack™ Good Food

The finest *nuts, seeds,* and *dried fruit* that can be found - in single serve packets that *go anywhere with ease.*

©2014 Eden Foods 07107

EDEN. | **Energizing and Pure.**

edenfoods.com

ASK STACY: *"Is pork safe to eat when it's a little pink inside?* // PAGE 105

TEST KITCHEN

REPLACE heavy cream with milk and flour–thickened broth.

KEEP sodium in check with reduced-sodium broth and just a touch of added salt.

TRY a classic like this clam chowder or get creative with other combos like broccoli, Cheddar & chicken or Southwestern vegetable.

One-Pot Comfort

When you make your own chowder you can save 300 calories, 20 grams of saturated fat and 500 milligrams of sodium per serving compared to many store-bought or restaurant chowders.

PETER ARDITO STYLING LIZ NEILY WITH CAROLYN CASNER (FOOD) CAREY NEWSHUT (PROPS

CREAMY CHOWDER MASTER RECIPE

ACTIVE: 45 MIN **TOTAL:** 45 MIN

TO MAKE AHEAD: Cover and refrigerate for up to 3 days, slowly reheat over medium-low or microwave on Medium power

Use this recipe as a template for making healthy, comforting chowders. Choose a flavor from the chart below or create your own recipe using your favorite blend of seasonings, broth, vegetables, protein and chowder garnishes.

- 3 tablespoons extra-virgin olive oil
- 1 cup diced onion
- 1 cup diced celery
- ½ cup all-purpose flour
- ¼ teaspoon salt
- SEASONINGS
- BROTH or STOCK
- 1 cup whole milk
- VEGETABLES
- PROTEIN
- GARNISHES

1. Heat oil in a large pot over medium heat. Add onion and celery; cook, stirring frequently, until softened and beginning to brown, 3 to 6 minutes. Sprinkle flour, salt and SEASONINGS (see chart) over the vegetables and cook, stirring, for 1 minute more. Add BROTH (or STOCK) and milk, bring to a gentle boil, stirring constantly. **2.** Stir in VEGETABLES and bring just to a simmer. Simmer, uncovered, stirring occasionally, until the vegetables are tender, 12 to 15 minutes. **3.** Add PROTEIN and cook, stirring frequently, until cooked and/or heated through, 2 to 6 minutes. Serve topped with GARNISHES.

SERVES 6: ABOUT 1½ CUPS EACH

	1 CHEDDAR-CHICKEN	2 ALASKAN COD	3 CLAM	4 SQUASH & CORN	5 SOUTHWESTERN VEGETABLE
SEASONINGS	1 tsp. dry mustard ¼ tsp. ground pepper	1 Tbsp. Worcestershire sauce ¾ tsp. reduced-sodium Old Bay seasoning ¼ tsp. ground pepper	½ tsp. dried thyme ¼ tsp. ground pepper 1 bay leaf	1¼ tsp. dried marjoram ¼ tsp. ground pepper	1 Tbsp. chili powder 1½ tsp. ground cumin 1 tsp. dried oregano
BROTH/ STOCK	4 cups reduced-sodium chicken broth	4 cups fish or seafood stock	4 cups clam juice *(see Tip, page 104)* or seafood stock	4 cups reduced-sodium chicken broth	4 cups reduced-sodium vegetable broth
VEGETABLES	2 cups diced Yukon Gold potatoes 3 cups chopped broccoli	3 cups diced red potatoes 2 cups chopped green beans	3 cups diced white potatoes	3 cups diced yellow squash 2 cups diced red potatoes 1 cup corn kernels	2 cups diced, peeled sweet potatoes 2 diced poblano or green bell peppers
PROTEIN	1 lb. boneless, skinless chicken breast, cut into 1-inch pieces 1 cup shredded Cheddar cheese	1 lb. Alaskan cod *(see Tip, page 104)*, cut into 1-inch pieces	(1) 16-oz. container chopped fresh clams (plus their liquid), thawed if frozen	¾ cup diced ham steak	(2) 15-oz. cans black beans, rinsed
GARNISHES	Diced red onion Shredded Cheddar cheese	Snipped fresh dill Diced plum tomato	Chopped cooked bacon Snipped chives	Sliced scallions Shredded pepper Jack cheese	Chopped cilantro Toasted pepitas Lime wedges

For nutrition analysis, turn to the recipe index on page 106.

MORE HEALTHY FALL SOUP RECIPES at eatingwell.com/webextra

Lose Weight Without Starving Yourself

"I dropped 20 pounds with Almased and I was never hungry!" - Lynda T. (Salida, CO)

Introducing Almased

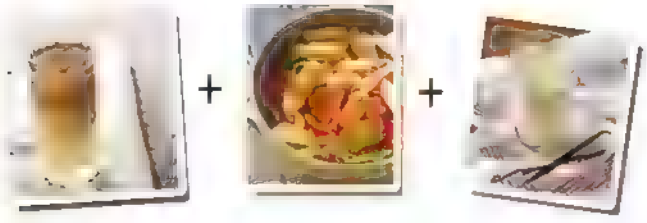
Germany's most popular all-natural meal replacement formula made from non-GMO soy, yogurt and honey in a unique fermentation process.

- No artificial fillers, flavors, added sugars, preservatives or stimulants
- Gluten-free and diabetic friendly
- Resets your metabolism and keeps it active throughout the diet and beyond
- Maintains healthy blood sugar levels and thyroid function
- Helps you burn fat and retain lean muscle mass

The success of the unique Almased formula has been confirmed in over ten years of clinical research.
Almased is more than a diet, it's a way of life.

Here's How It Works

Simply add Almased meal replacement shakes to your daily diet.



For more details on the four phases of the Almased Diet and delicious recipes, download our free Figure Plan from **figureplan.com**, enter source code: **EWB**.

Start the Almased Diet today. Call us toll-free at **1-877-ALMASED (1-877-256-2733)**. You can find Almased in health food stores at GNC and the Vitamin Shoppe or visit **www.almased.com**.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. As always, consult your doctor or health care team before beginning any weight loss program or reducing your dosage of current medications.

Clean leeks well to be sure they're grit-free (*page 32, 86*): After slicing, place in a bowl filled with water and swish around to release any sand or soil trapped between the layers. Scoop the leeks out of the bowl with a slotted spoon, leaving any sand or soil behind in the bowl. Drain well. Repeat as needed.

For the best flavor, toast nuts (*page 40*) before using in a recipe. For chopped nuts: Place in a small dry skillet and cook over medium-low heat, stirring constantly, until fragrant, 2 to 4 minutes. For whole nuts: Spread on a baking sheet and bake at 350°F, stirring once, until fragrant, 7 to 9 minutes.

Look for "peeled" or "skinless" dried fava beans (*page 83*) near other dried beans in the international aisle at well-stocked supermarkets, in natural-foods stores or online from *bobsredmill.com*.

Our favorite sustainable cod (*page 102*) is U.S. Pacific cod from Alaskan waters; Atlantic cod (sometimes called scrod) from Iceland and the northeast Arctic are also sustainable choices. For more information about choosing sustainable seafood, visit *seafoodwatch.org*.

Check the label carefully when using clam juice (*page 102*) because the amount of sodium can vary dramatically among different brands. We test with Bar Harbor clam juice with only 120 mg sodium per 2-ounce serving.

Italian Olives to Try

For a taste of Italy, look for these olive varieties at gourmet shops or online at *olioandolive.com* or *pastacheese.com*. Brine-cured olives have smooth, plump skin while salt-cured olives (sometimes called oil-cured) are lightly coated in oil and have wrinkled skin. For recipes using olives, see "Savoring Sicily's Olives," page 62.

Baresane: These brine-cured olives from Puglia range in color from yellow to green to light purple. Delicate, fresh flavor.

Bella di Cerignola: Also known as Cerignola olives, this brine-cured Pugliian variety can be green, red or black. Large, mild and buttery.

Castelvetrano: A vibrant green Sicilian olive also called Nocellara del Belice. Instead of brining or salt-curing, these are treated with lye before rinsing and storing. The result: very mild olives with a salty-sweet flavor and buttery texture.

Gaeta: These popular black or dark purple table olives from the Lazio region are typically brined before storing in oil. Tart, citrusy flavor.

Saracena: An ancient olive cultivar from Sicily, also called Minuta. These small black olives are brined or salt cured.

Taggiasca: Grown on the rocky slopes along the sea in Liguria, these small, deep reddish-black olives have a sweet, fruity flavor.

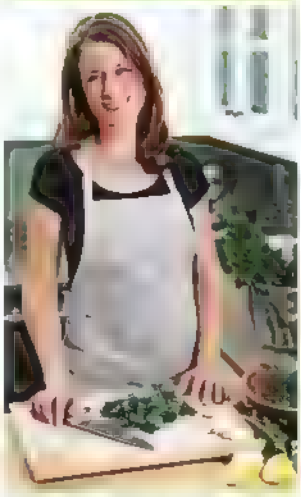
3 WAYS TO PIT OLIVES

The pinch method: For soft or wrinkled olives (which are usually black), pinch one end between your thumb and forefinger and the pit will slip out.

The pressure method: Place olives (a couple at a time) under the wide part of a chef's knife and quickly apply pressure. The force will loosen the pit. This method works for most types of olives.

The paring-knife method: For olives with pits that just don't want to budge (often large, green olives), hold upright and use a paring knife to cut the flesh away from the pit in slivers.

JIM WESTPHALEN STYLING; CARA NEREM; OPPOSITE, R. GH – SPREITER SHUTTERSTOCK



Stumped in the Kitchen?

Send your cooking questions to Test Kitchen Manager Stacy Fraser at askus@eatingwell.com

Q. Is pork safe to eat when it's still a little pink in the middle?

—K. Chambers, Chicago, IL

A. If you've alway cooked pork until there's no trace of pink in the middle, it's probably overcooked (and dry). In 2011, the USDA reduced the safe cooking temperature for all cuts of pork (except ground) from 160° to 145°F. That 15-degree change makes all the difference when preparing lean cuts of pork. The lower temperature yields juicier, tender meat that's still a little pink in the middle (but it's hot enough to eliminate foodborne bacteria). For perfectly cooked pork, check the internal temperature when you think it's *close to* done. Insert an instant-read thermometer at least 1 inch into the thickest part of the meat without touching bone and wait a few seconds for the temperature to register. If it reaches 145°F, it's done. The recommended cooking temperature for ground pork is still 160°F.

NEW
Blending Health & Convenience
The Only High Power Blender with a Glass Pitcher and Stainless Steel Utility Scoop
Features
• Powers through your toughest jobs
• Max. 23,000 RPM
• Powerful 1.1 HP Motor
• Heavy-duty Tempered Glass Pitcher
• Multi-purpose Stainless Steel Utility Scoop
• Variable Speed Dial
• 3 Pre-Programmed Buttons
• 10 Year Warranty
TRIBEST
dynabend
Horsepower Plus™
TRIBEST CORP

Easy • Fast • Top Rated
No Lead
No Aluminum
No Non-Stick Chemicals
Makes perfect germinated rice, quinoa, savory stews, soups and nutritious bone broths or steamed fish or veggies. Plus bonus low temperature yogurt maker! Meals are super flavorful and nourishing because VitaClay seals in the beneficial nutrients and enzymes with an ancient secret - organic unglazed Zisha Clay. Available at Amazon.com, Bed Bath and Beyond, and Whole Foods Market.

RECIPE & NUTRITION INDEX

		45 MIN OR LESS	BUDGET	CALORIES	FAT/SAT (g)	CARBS (g)	FIBER (g)	SODIUM (mg)	LOW-CARB	HEART-HEALTHY	VEGETARIAN	VEGAN	GLUTEN-FREE	DAILY VALUE (15%+) CALCIUM	IRON	VITAMIN A	VITAMIN B12	VITAMIN C
16	Pineapple Green Smoothie	■	■	297	6 1	54	10	145	■	■	■		■	30		64		102
41	Artichoke & Parmesan Stuffed Mushrooms	■	■	66	4 1	6	1	159			■							
40	Mushroom Pâté	■	■	56	5 1	3	1	39			■	■	■					
65	Sicilian Marinated Olives *(Olive Cunzate)*	■	■	108	11 0	1	2	260		■	■	■	■					
96	Tuscan Kale & White Bean Bruschetta *(Bruschetta al Cavolo Nero e Fagioli Bianchi)*		■	110	4 0	18	4	252			■	■				45		46
83	Fava Bean Puree with Chicory *(Fave e Cicoria)*			203	3 1	33	16	407	■	■	■	■	■	19	82	22	173		64
70	Fried Winter Squash with Black Olives *(Zucca Fritta all Agrodolce con Olive Nere)*		■	235	18.2	18	5	290	■	■	■	■	■				274		36
64	Orange, Anchovy & Olive Salad *(Insalata Siciliana)*		■	202	15.2	15	3	465	■	■			■						90
42	Red Wine Braised Mushroom Sauce	■		115	7 2	7	1	254	■	■	■								
67	Sicilian Eggplant Caponata *(Caponata)*			181	13.2	16	5	365	■	■	■		■			16			45
38	Spinach & Warm Mushroom Salad	■		137	9 1	11	3	260	■	■			■		35		117		33
102	Alaskan Cod Chowder	■		255	9 2	28	3	575	■	■					5			23	21
86	Baked Vegetable Soup *(Zuppa di Verdure al Forno)*		■	203	10 1	25	6	529	■	■	■		■		37		22		52
93	Bread & Tomato Soup *(Pappa all'Acquacotta)*	■	■	316	16 4	28	3	516	■		■				16	15	56		19
102	Broccoli Cheddar Chicken Chowder	■	■	352	17 6	23	3	664						23	19		28		64
102	Clam Chowder	■		237	9 2	27	2	455	■	■								136	
68	Fish Stew with Olives, Capers & Potatoes *(Capone alla Ghiotta)*			256	13 1	15	2	315	■	■			■						25
102	Southwestern Vegetable Chowder	■	■	310	10 2	46	10	574	■	■	■				28	21	87		103
102	Squash & Corn Chowder	■	■	237	10 2	28	3	737	■	■					19				42
28	Baked Tofu Stir Fry with Cabbage & Shiitakes	■		322	20 2	15	6	862	■	■	■	■	■	44	37	27	40		56
75	Cartwheel Pasta with Peppers & Onions *(Ruote di Carro alla Peperonata)*	■	■	480	3 2	76	6	507		■	■	■			48	22	31		257
78	Fusilli with Yellow Squash & Grape Tomatoes *(Fusilli alle Zucchine Gialle e Datterini)*	■	■	311	9 1	49	4	339	■	■	■	■			34				36
35	Potato Kale Hash with Eggs	■	■	476	33 10	29	4	745	■		■		■	35	7	19	209		212
89	Stuffed Eggplant *(Melanzane Ripiene)*		■	329	21 5	27	7	443	■		■			21	21	15	20		27
74	Bucatini alla Puttanesca	■	■	474	15 2	70	5	587		■					40	22			20
87	Orecchiette with Broccoli Rabe *(Orecchiette con Cime di Rape)*	■	■	359	12 2	50	7	388		■				18	59	29	89		63
74	Spaghetti with Halibut & Lemon *(Spaghetti alla Fioretto)*		■	368	11 2	46	3	375		■					29				
84	Stuffed Fresh Sardines *(Sarde Ripiene)*			420	26 5	19	1	423		■				16				62	
32	Curried Pork Chops with Roasted Apples & Leeks	■		463	20 4	39	6	377		■			■			18	28		29
94	Dario's Fiorentina Steak *(Bistecca alla Fiorentina)*			437	29 11	0	0	443					■			31		61	
76	Macaroni with Sausage & Ricotta *(Maccheroni alla Salsiccia e Ricotta)*	■	■	362	12 4	48	3	441							28	16			
30	Mini Meatloaves with Green Beans & Potatoes	■	■	437	20 6	36	6	748							19	30	21	44	42
28	Paprika Chicken Thighs with Brussels Sprouts	■		449	25 5	14	5	607		■			■		22	23	41		141
69	Sweet & Sour Sicilian Rabbit Stew *(Coniglio alla Stimpirata)*			485	25 4	21	4	341		■			■			23	92	127	41
92	Almond Cookies *(Brutti Buoni)*		■	99	6 0	9	1	15			■								
44	Apple Bavarian Torte		■	282	16 8	30	3	143			■								
89	Mascarpone-Stuffed Figs *(Fichi Ripieni di Mascarpone)*	■		219	15 7	22	3	16	■		■		■						

KEY TO RECIPE & NUTRITION INDEX

HOW WE TEST RECIPES

Each of our recipes is tested in the *EatingWell* Test Kitchen. Our goal is to provide healthy, delicious recipes that really work.

- Recipes are tested on average seven times each.
- We test on both gas and electric stoves.
- We use a variety of tools and techniques.
- Testers shop major supermarkets to research availability of ingredients.
- Testers measure active and total time to prepare each recipe.

HOW WE ANALYZE RECIPES

- All recipes are analyzed for nutrition content by a Registered Dietitian.
- We analyze for calories, total & saturated (sat) fat, cholesterol, carbohydrate, total & added sugars, protein, fiber, vitamins and minerals, using The Food Processor® SQL Nutrition Analysis Software from ESHA Research, Salem, OR. The complete analysis appears with each recipe or on *eatingwell.com*; some nutrients are highlighted here.
- Garnishes and optional ingredients are not included in analyses.

KEY TO COLUMN LABELS

45 MIN OR LESS: A recipe's start-to-finish time is 45 minutes or less.

BUDGET: Entrees that cost less than $3 per serving; sides and desserts that cost less than $1.50 per serving. (*See "How We Price Recipes," below.*)

LOW-CAL: Entrees have ≤350 calories per serving; combination meals (protein plus starch **or** vegetable) have ≤420 calories; complete meals (protein plus starch **and** vegetable) have ≤500 calories. Side dishes, muffins, breads and desserts have ≤250 calories per serving; dips and salsas have ≤100 calories per serving.

HEART-HEALTHY: Recipes have limited saturated fat. Entrees have ≤3 grams saturated fat per serving (seafood entrees have ≤5 grams); combination meals have ≤5 grams (seafood ≤7 grams); complete meals (including seafood meals) have ≤7 grams. Side dishes, muffins, breads and desserts have ≤2 grams saturated fat per serving; dips and salsas have ≤1 gram.

VEGETARIAN: Meatless or includes meatless options.

VEGAN: No animal products. Check the labels of ingredients, such as chocolate, to make sure they don't contain hidden sources of animal products.

GLUTEN-FREE: Does not include wheat, rye, barley or oats. Check the labels of your ingredients, such as broths and condiments, to make sure they don't contain hidden sources of gluten.

% DAILY VALUE: When a recipe provides 15% or more of the Daily Value (dv) of a nutrient, it is listed. These values are FDA benchmarks for adults eating 2,000 calories a day.

For more on our nutritional-analysis process, visit *eatingwell.com/go/guidelines*.

HOW WE PRICE RECIPES

- Costs for ingredients come from online grocers *safeway.com* and *peapod.com*.
- Costs include every ingredient, even staples.
- Costs include only the amount used.
- Garnishes and optional ingredients are not included in cost.
- Prices are best estimates as of summer 2014.

GROCERY SWEEPSTAKES *(above)*: NO PURCHASE NECESSARY TO ENTER OR WIN. Subject to Official Rules available at *www.recipe.com/wingrocery*, *www.rachaelraymag.com/wingrocery*, and *www.eatingwell.com/wingrocery*. The $2,500 Grocery Sweepstakes begins at 12:01 a.m. CT on 10/1/14 and ends at 11:59 p.m. CT on 12/31/14. Open to legal residents of the 50 United States, and the District of Columbia, 21 years or older. Limit one (1) entry per person and per email address per website, per day. Void where prohibited. Sponsor: Meredith Corporation.

ADVERTISEMENT
$2,500 Grocery Sweepstakes
Enter daily for your chance to WIN $2,500 to stock up on healthy foods.
www.EatingWell.com/WinGrocery
No Purchase Necessary. Void where prohibited. Ends: 12/31/14. Sponsor: Meredith Corporation. See this page for additional details.
EatingWell

DELICIOUS, HEALTHY MEDITERRANEAN "AWARD WINNING RECIPIES"

First place winner at 17th annual gourmand cookbook award for "Best Health and Nutrition Book" in the world

Join Us!

Take Wilder's October Unprocessed Challenge along with *EatingWell* this year. Sign his pledge at *EatingRules.com* and use our recipes & tips to eat clean at *eatingwell.com/webextra*

The Clean-Eating Crusader

Starting with a simple mission to improve his own health, Andrew Wilder ended up inspiring thousands to join him. By Gretel H. Schueller Photo by Slav Zatoka

Who He Is In January 2009, Andrew Wilder parked his car and started to walk. "The lot was level, but I felt like I was walking through molasses. My body did not want to move." He was 32. "I had this moment: 'Something's wrong here.'" Back then, living in Santa Monica, he was a self-described "junk-food vegetarian," eating mostly veggie burgers and fries, white pasta and not much produce. So Wilder improved his diet and began exercising. Now foods have to pass his "Kitchen Test,"—as in they could be made in a home kitchen. (Not that they have to be: think foods like artisan bread, yogurt and honey.) Since his aha moment, he's lost 30 pounds and feels better than ever.

What He Does Bursting with enthusiasm, he's now helping others find the same joy in eating healthy with his blog, *Eating Rules.com*. His mantra is simple: "Healthy eating doesn't have to suck." His biggest success has been October Unprocessed, a month-long challenge to ditch processed food. Participants sign a pledge and Wilder gives daily tips and recipes. "Even if they do it for a day and that's a big step for them, that's awesome!" Ultimately, he adds, it's an awareness exercise. "It's about thinking about what we're putting in our bodies." Wilder suggests doing it with a buddy. "Because then it will be more like a game and not work—and healthy eating should never be work."

Why It's Cool In 2009, Wilder did what many of us have done: he ranted on Facebook. He had made some improvements, but realized he was still eating a lot of junk. So he asked his friends if they wanted to join him in eating no processed foods for a month. Just two accepted. "We set up rules, cooked together, emailed each other with recipes. It was a lot of fun and we became closer friends." In 2010, after he began his blog, about 400 took part in October Unprocessed. Last year, more than 15,600 people joined. "People take the pledge seriously. It's causing lasting change. They tell me it's gotten them eating differently. They've lost weight and become healthier. This is what keeps me going."

EATINGWELL® (ISSN 1046-1639), September/October 2014, Volume XIII, No. 5, is published bimonthly in January/February, March/April, May/June, July/August, September/October and November/December by Meredith Corporation, 1716 Locust Street, Des Moines, IA 50309-3023. Periodicals postage paid at Des Moines, IA, and at additional mailing offices. Subscription prices, $24.95 per year in the U.S., $29.95 (U.S. dollars) in Canada, $34.95 (U.S. dollars) overseas. POSTMASTER: Send all UAA to CFS. (See DMM 707.4.12.5); NON-POSTAL AND MILITARY FACILITIES: send address corrections to EATINGWELL, P.O. Box 37508, Boone, IA 50037-0508. In Canada: mailed under Publications Mail Sales Product Agreement No. 40069220, Canadian BN 12348 2987 RT; Return undeliverable Canadian addresses to EATINGWELL, 2835 Kew Dr, Windsor, ON, N8T 3B7. © Meredith Corporation 2014 All rights reserved. **Printed in the U.S.A.**

Know a Tastemaker? Email *editor@eatingwell.com*

Bonterra
ORGANIC VINEYARDS

PURE CHARACTER

MEET OUR GROUNDSKEEPER

At Bonterra, we grow wine organically and sustainably, treating the land with deep respect. Instead of spraying our vineyards with chemicals, we let chickens scratch and peck amid the vines, gobbling up insect pests and aerating the soil naturally as they go. They enjoy a banquet of bugs, and you get pure, flavorful wine made from our organically grown grapes. We think that's something to crow about. WWW.BONTERRA.COM

What does organic mean to you? #OrganicIs

EVERYTHING IN BALANCE. DRINK RESPONSIBLY. © 2014 BONTERRA ORGANIC VINEYARD, HOPLAND, CA.

Sun-ripened tomatoes. Fresh basil. Fresh garlic. Fresh onion.
Homemade pasta sauces start with fresh ingredients.

We make it like you'd make it®

© H.J. Heinz Company, L.P. 2014. All rights reserved.

For recipe ideas, visit www.classico.com